



HERZING COLLEGE 50th

Join us for our
50th Anniversary Event!

Friday, May 8, 2015, 6:00 pm to 9:00 pm
Herzing College Winnipeg - 1700 Portage Ave.

For info or to RSVP: 204.775.8175 or mmoncado@herzing.ca

GET YOUR PADDLES READY FOR RIVER CITY!

CANADIAN CANCER SOCIETY

RIVER CITY
DRAGON BOAT
FESTIVAL

MANITOBA WATER SKI PARK ON LAKE SHIRLEY
JUNE 5+6, 2015

Register Now!



Canadian
Cancer
Society

Société
canadienne
du cancer



Get involved and help Manitobans fighting ALL cancer!

Visit cancer.ca, call (204) 788-4547 or email dragonboat@mb.cancer.ca

Winnipeg metro

How ethical are
your Mother's Day
flowers? metroLIFE



Your essential daily news | THURSDAY, MAY 7, 2015

High 14°C/Low 0°C Rain



The new Alberta

CHANGE:

Meet some
of the new
faces

NOTLEY:

What to expect
from her first 90
days in office

BUSINESS:

Stock markets
nosedive after
election shock

VIEWS:

Chantal Hébert
and Rosemary
Westwood

School mourns student suicides

GARDEN CITY COLLEGIATE

Pair was reportedly in a relationship

Dave
Baxter
Metro | Winnipeg

The superintendent of Seven

Oaks School Division says staff and students at Garden City Collegiate are grieving and many are in a state of shock after two of the school's students committed suicide in the last four days.

And staff say they are doing everything possible to work with those who are now left to deal with the tragedy.

"We are absolutely reeling

from this," said superintendent Brian O'Leary.

Students used social media asking people at Garden City Collegiate to wear black on Wednesday as a way to mourn the deaths of Bettina Rodriguez, who died on Friday, and Arvyn Buenviaje, who died Tuesday.

The two are reported to have been in a relationship.

O'Leary said the division's

focus is to work with and support staff and students.

"We have brought in grief counsellors and we have psychologists available," said O'Leary.

He said they also have rooms set aside where kids can go to talk to people, or just be alone if they feel they can't be in class.

"The school is in an incredibly sombre mood this morning, and we know that kids and staff

need support," said O'Leary.

He said after the second suicide on Tuesday about 75 students stayed after school to talk with grief counsellors.

O'Leary said it is his hope that kids will open up to someone if they are feeling thoughts of depression or suicide.

"The main thing is that it is OK to say you are hurting, and it is OK to reach out for help."

66

The school is in
an incredibly
sombre mood this
morning, and we
know that kids and
staff need support.

Supt. Brian O'Leary

0% FINANCING

IMAGE PLUS
LASER EYE CENTRE

iDesign® THE MOST ADVANCED DIAGNOSTIC AND TREATMENT
PLANNING TOOL FOR LASIK. NEW & ONLY at Image Plus

CALL:
94-FOCUS
imageplus.ca



We'll help you make
yourself right at home.

Purchasing a new home is an exciting time and, at Scotiabank, we can help you get there. With the right mortgage and invaluable advice from your Scotiabank advisor, you can start your new beginning in your new home.

Talk to us about the mortgage that's right for you.

www.scotiabank.com/homeownership

You're richer than you think.®



® Registered trademarks of The Bank of Nova Scotia.
All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts.



Winnipeg police talk to witnesses at the scene at Marj Edey Park Tuesday. SHAUN MCLEOD/FOR METRO



Damage to the suspect vehicle, a silver Chevy Cavalier. SHAUN MCLEOD/FOR METRO

Arrest made in park rampage

CRIME

Police say man tried to run over people with his car



Elisha Dacey
Metro | Winnipeg

Winnipeg police have a man in custody after they say he deliberately tried to run over several people in a Charleswood park Tuesday evening.

Police said several people called 911 after a 21-year-old man driving a silver Chevy Cavalier zoomed through the baseball fields and skateboard park at Marj Edey Park at about 8:30 p.m., forcing people to jump out of their way for their lives.

"It certainly appears (he tried to deliberately run people over)," said Const. Jason Michalyshen Wednesday. "Based on his actions, it was quite clear people were forced to run for their safety."

Michalyshen said a 25-year-old man was hit and taken to hospital with minor injuries — likely because he was able to jump on top of the car as it hit him.

"I think it's strictly pure luck that he was able to jump as he was being struck by the vehicle.



Police say the suspect ditched his damaged Cavalier and got into this white Kia with his girlfriend. SHAUN MCLEOD/FOR METRO

Instead of going under that vehicle, potentially, he went up and over the vehicle and was able to land on his feet."

A video of the car going through the skateboard park was posted to Facebook. The Cavalier bottoms out several times as it goes down a ramp and up another, before speeding off down the road.

At one point, police said the suspect's friend hopped in the car while it was doing doughnuts in the field, only to jump from the car while it was still moving in fear for his life. Michalyshen said he estimated the car was speeding at up to 80 kilometres an hour.

The car sped off and was nearly hit by an oncoming train

before the suspect abandoned the vehicle — which was his — near Eldridge Avenue and Elmhurst Road and got into his girlfriend's white Kia for a ride, police said. He was tracked down Wednesday morning in a home in Charleswood.

Michalyshen called the incident "bizarre" and said he couldn't speak to the suspect's motivations, nor could he say if the man was under the influence of any drugs or alcohol.

Michalyshen did say the man faces numerous traffic-related charges and that Winnipeg police are working with Crown attorneys to lay additional charges.

His name will be released once he is formally charged.

BUY HERE ★ PAY HERE®

Buy Here Pay Here in-house financing gives everyone equal opportunity to drive a safe and reliable vehicle, regardless of credit concerns.



You deserve credit from someone you can trust.

At Birchwood Credit Solutions, our interest is in your future, not your past. Working one-on-one with a credit specialist, with no sales people involved, we respect your time and budget because we can empathize with your situation. And, with Buy Here Pay Here in-house financing, we actually report your vehicle payments to major credit bureaus so you can comfortably establish or re-establish your credit and secure your financial future.

BUY HERE PAY HERE is a Registered Trademark of Birchwood Automotive Group Partnership. Registration Number: TMA451756

Birchwood
CREDIT SOLUTIONS
A member of the Birchwood Automotive Group

Why go anywhere else?
Come directly to the one you can trust.

Three city-wide locations

1065 Salter Street - between Leila and Partridge
768 Nairn Avenue - corner of Chester Street
3965 Portage Avenue - inside Birchwood Honda West

toll-free: 1-877-676-7914

Get on the road to stress-free car ownership
➔ **birchwoodcredit.com**



Coun. Russ Wyatt said the city could expand recreation opportunities and save money by partnering with the YMCA-YWCA on three new facilities. COLIN FAST/FOR METRO

City wants cash for 3 new YMCAs

INFRASTRUCTURE

Project still waiting for provincial support



City hall appears ready to move ahead with a proposal to build three new YMCA-YWCA facilities, but the province still hasn't committed to the project.

On Wednesday the executive policy committee unanimously

approved a motion from Councillor Russ Wyatt that directed city staff to complete a memorandum of understanding with the Y in the next six months.

"If we don't do it now, we're going to wake up one day in the future and realize we don't have programming space, we don't have recreation facilities, and we're going to miss out," said Wyatt, who noted smaller cities like Brandon, Portage La Prairie and Swan River have recently built large recreation centres.

The first part of the \$46.7 million plan would be a new Y in Waverley West, where planning has already started for a regional recreation campus that could also include a

library, arena, and elementary and high schools. New facilities in Transcona and the city's northwest would follow.

The city allocated \$1.75 million in its 2014 budget to start the design process, but the money was contingent on the province backing the project. So far, that hasn't happened.

"The memorandum with the city is the first step, but it's essential we get support from senior levels of government," said Kent Patterson of the Y. Patterson hopes the Waverley West facility will be open in four or five years.

A spokesperson for the province said it would work with the city to set priorities for recreational funding.

IN BRIEF

Canadian Tire to take over some former Target spaces

Canadian Tire Corporation announced Wednesday it is moving into 12 empty Target locations across Canada, including the space at Grant Park Shopping Centre.

Canadian Tire said in a press release it acquired the leases from Target for \$17.7 million.

The release also states the opportunity provides the company the chance to "right-size" some of its locations and replace others.

Three other Target locations in Winnipeg, including near Polo Park, Kildonan Place and Southdale mall, have yet to be filled. METRO

CYCLING

Downtown BIZ wants Sunday bicycle lanes

If the Downtown BIZ gets their way, cyclists will soon be able to bike downtown on Sundays in temporary protected lanes.

The Downtown BIZ's transportation manager Stephanie Voyce spoke to the city's infrastructure and public works committee Tuesday touting the plan.

The pilot project would block a lane heading into downtown for cyclists on four Sundays in August and September of this year, with a proposed route stretching from Assiniboine Park to The Forks, through downtown and to Kildonan Park.

"We see a lot of kids and families that just aren't com-

fortable being on the road unless they are separated from vehicles," said Voyce.

"There's just a few gaps within the system and we feel those gaps could be filled by simply signing and coning a protected path through those areas, so folks could have that full connectivity to come with their families to the downtown."

The plan would essentially turn some curb lanes into temporary bike lanes on the proposed Sundays. "We would like to be able to get going with a first trial, and it's a great opportunity this summer," said Voyce.

DAVE BAXTER/METRO

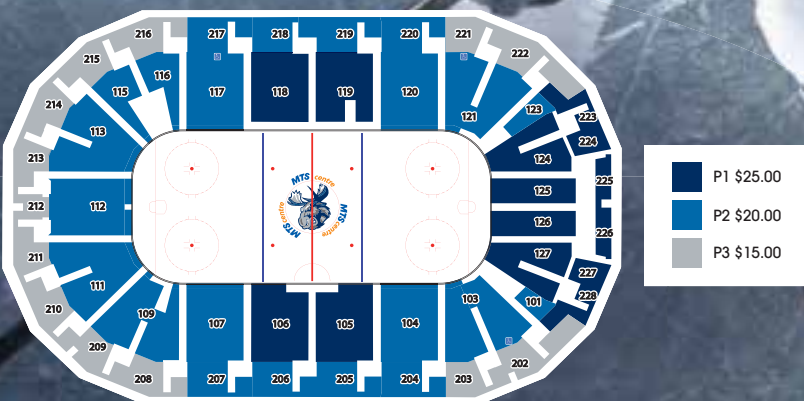
ON SALE TOMORROW!

@ 10 AM

FULL SEASON SEAT PACKAGES STARTING AT \$57 PER MONTH!

24 SCOTT KOSMACHUK

	FULL SEASON (38 GAMES)	29 GAME MINI PACK	20 GAME MINI PACK	11 GAME MINI PACK	PACKAGE PRICE PER GAME
P1	\$950.00	\$725.00	\$500.00	\$275.00	\$25.00
P2	\$760.00	\$580.00	\$400.00	\$220.00	\$20.00
P3	\$570.00	\$435.00	\$300.00	\$165.00	\$15.00



TICKETS ON SALE TOMORROW AT 10AM!

VISIT **MOOSEHOCKEY.COM**



IT ALL STARTS HERE.

[/MANITOBAMOOSE](#)

THE OFFICIAL AFFILIATE OF THE WINNIPEG JETS HOCKEY CLUB





Repairs begin on the Viking statue. CONTRIBUTED

Gimli Viking statue to get a makeover

TOURISM

Town shells out \$60K for repairs, creates new park

Manitoba's most famous Viking is getting a few touch-ups.

Gimli's Viking Statue, now 48 years old, is undergoing repairs, and a new park is being created in his honour.

"The Viking Statue is extremely important to the commun-

ity," said Gimli Mayor Randy Woroniuk. "As well as being enjoyed by Gimli residents, the statue draws tourists here every year. Getting your photo taken with the Viking is a tradition."

The Viking was commissioned by the town's Chamber of Commerce in 1967 as part of Canada's Centennial.

The town is also officially designating the land next to the statue on Second Avenue as Viking Park.

Repairs will take about two weeks and cost about \$60,000.

METRO



BINSCARTH HOUSE FIRE PROMPTS EVACUATION A fire in BinscARTH destroyed one home Tuesday and prompted an evacuation of a nearby school. However, RCMP said the fire did not spread and no one was hurt. CONTRIBUTED

CHILD WELFARE

Taking babies away not an answer: MLA

River Heights MLA Jon Gerrard believes the province needs to be doing everything possible to keep newborns with their birth mothers and says taking babies away should only be used as a last resort.

"We should have the agencies working very hard with the mother all the way through the pregnancy so she can take that baby home," said Gerrard.

"And removal is only a very last resort when ... the mother

is not able to take the baby home."

The Manitoba Liberal Party recently put in a Freedom of Information request to see how many babies are being removed from their mothers less than one month after birth.

The numbers show that, on average, a baby is taken from his or her birth mother almost every day in Manitoba. The province is on track to have 358 babies removed from their

mothers in the 2014/2015 fiscal year.

Daphne Penrose, acting executive director of the Manitoba Child Protective Branch, said taking children from their families is always a last resort.

"The bottom line is that the safety of children is absolutely paramount," said Penrose. "Only after every possible avenue has been exhausted we will remove the child for its safety." DAVE BAXTER/METRO

66

CFS will always exhaust every resource before we go to removing a child.

Daphne Penrose, acting executive director of the Manitoba Child Protective Branch

CARSTAR
Collision & Glass Service

OPEN HOUSE!
MAY 8, 2015
2-6 PM

Sponsored by,
Chase Auto Body Supplies
IGD Ltd.

We would like to invite you and your family to join us in celebrating our official Grand Opening of the newest location in Manitoba!

There will be lots of food and prizes and fun for the whole family. When you stop by, don't forget to enter in your name for a chance to win our Grand Prize, a brand new 16 GB iPad Air!!

If you have an MPI claim, bring it down to receive an additional draw entry. (One additional entry per claim.)

1106 Chevrier Blvd., Winnipeg, MB
For more information, contact: Heidi Funk at: 204-475-7193

THE REACTION

Stunned Conservatives downplay NDP victory

The Conservative caucus room was described as a morgue Wednesday as federal MPs grappled with political mortality after the New Democrats broke the conservative movement's four-decade grip on Alberta politics.

While they sought to downplay the notion that the NDP upset in Alberta is an omen for this fall's federal election, many acknowledged the playing field for that campaign has changed.

So-called safe seats just can't be considered safe anymore, said Deepak Obhrai, who has sat in the House of Commons as a Calgary Conservative since 1997 and was re-elected in 2011 with 67 per cent of the vote.

TORY SEATS

The Tories hold 26 of the 28 federal seats in Alberta, though redistribution means there will be 34 up for grabs this fall.

In the last six elections, he didn't face a serious challenge from the NDP, but with all four provincial seats within his riding now held by that party, he expects the next campaign will be different.

"More, stronger candidates will look at the results, so we expect stronger (NDP) candidates," Obhrai said.

THE CANADIAN PRESS

Federal NDP celebrate orange wave in Alberta

Gleeful federal New Democrats seized the coattails of their victorious Alberta cousins, but while the two parties share the same family tree, the Prairie and Ottawa branches have fundamental differences.

For one, experts point to the roots of the Prairie New Democrats, which they say come from the anti-centralist mindset that dominated Canadian politics for much of the 20th century.

The Alberta NDP also hails from a province where the economy is dominated by the pollution-heavy oil industry, which has been a bull's-eye for criticism from federal New Democrats, said a political sci-

entist who has studied Alberta politics for decades.

"The areas of difficulty (between the two NDP parties) would not be huge, but ... there could well be some," said Allan Tupper of the University of British Columbia.

Differences between the parties, however, didn't stop the federal NDP on Wednesday from inviting news cameras into its caucus chamber, where chanting MPs celebrated the Alberta win in the name of all New Democrats.

Federal NDP Leader Tom Mulcair tried to blur any lines of separation. "We've all got a spring in our step today," he told reporters in Ottawa.

THE CANADIAN PRESS

Win could give party nationwide momentum

The Alberta election victory by Rachel Notley had New Democrats across the country talking Wednesday, but the only other NDP premier cautioned against reading too much into the party's success.

"Every province has different issues, although we all are focusing on the economy right now," Manitoba Premier Greg Selinger said.

But Selinger and Paul Thomas, of the University of Manitoba, feel that the victory over the Progressive Conservatives, who had been in power for 44 years, is bound to help by showing the NDP can represent a wider range of the population than many might think.

It's a boost for a party that has experienced some losses in recent years. Nova Scotia's NDP government was defeated in 2013 and there have been poor federal byelection results.

"It means that the national party can say, after a series of byelection setbacks, 'You know, we have got some momentum behind us,'" said Thomas, professor emeritus of political science.

He suggested the win should energize NDP politicians, volunteers and staff at the federal level and in other provinces by showing that if the party can win in conservative Alberta, almost anything may be possible. THE CANADIAN PRESS



If we learn the lessons the voters attempted to teach us yesterday ... there is a way back.

Ric McIver, Calgary MLA and former Tory leadership candidate



It was ... like a morgue.

Justice Minister Peter MacKay's description of the mood among federal Tories on Wednesday



This isn't a massive shift to the left.... A lot of people who voted Wildrose last time voted NDP.

Lori Williams, political scientist at Mount Royal University



Alberta NDP Leader Rachel Notley reacts in Edmonton on Tuesday after being elected the province's premier. THE CANADIAN PRESS

LEADERSHIP: Notley's next 90 days



Ryan Tumilty
Metro | Edmonton

Newly elected Alberta Premier Rachel Notley must do three things once she's in office:

1 Pick a cabinet
Notley was elected with 52 or 53 colleagues, depending on the outcome of a deadlocked riding in Calgary, but only three of her colleagues have been an MLA before.

The current cabinet is 19 ministers, but Notley can reshape

hers anyway she chooses. In addition to looking for strong ministers, she will also have to include people from across the province.

Despite the relative inexperience of her caucus, Notley said Wednesday she won't have a problem putting together a governing team.

"I am really excited about my caucus in so many ways," she said. "I have far too many people who are skilled to select from."

Notley said her party is bringing in a lot of diversity to the table that will be good for the new cabinet.

"We have people from all walks of life, and I am very confident we will be able to put together a very capable cabinet."

2 Budget
In many ways, Notley's campaign was about running against the spending cuts and other measures that Premier Jim Prentice proposed in his budget this spring.

Notley promised to put in force the corporate tax increases that Prentice refused to implement and to restore funding he cut from health care and post-secondary education.

She said that during the transi-

tion her team would work to figure out how much of the budget can now be changed.

"We're going to be getting advice on that in the next few days, in terms of how quickly we can make those changes."

3 Soothe the oil patch
Alberta Energy companies saw stock prices drop based on the election's outcome.

Notley said she hopes to meet with a number of groups and business leaders to assure them there is no reason for alarm. Global investors would see soon enough that the sky isn't falling, she added.

MAKING HISTORY: Welcoming a new wave of female politicians

GENDER

25 elected NDP candidates in Alberta are women



Stephanie Dubois
Metro | Edmonton

For a province once known as the home of the “old boys’ club,” Alberta now has women in record numbers in the provincial caucus.

Premier-designate Rachel Notley was quick to note that

shift in gender representation in her victory speech.

“I haven’t done the math yet ... but what I think is true is we have elected the most women to caucus in the history of Canada ... so that’s kinda cool,” she said.

Out of 52 or 53 NDP candidates elected across the province, 25 are female.

A tie in Calgary-Glenmore between NDP candidate Anam Kazim and Progressive Conservative incumbent Linda Johnson could bring that number to 26, once Elections Alberta completes the official recount.

What’s remarkable about

47%

According to unofficial Elections Alberta results, 47 per cent of the winning NDP candidates were women.

the winning women candidates is that often, women aren’t putting themselves forward to compete on the ballot, making it harder to get equal representation in politics, says Lana Cuthbertson, chairwoman of Equal

Voice Alberta North.

“It’s really about getting women running in the first place. The NDP made sure a lot of women did that, and the results speak for themselves,” she said.

This “historic moment” for Alberta wasn’t lost on the rest of the country, something that should be noted by other political parties, said Diane O’Reggio, executive director with Women’s Legal Education and Action Fund in Toronto.

“To have a large majority of women in the legislature will be a benefit to not only women in Alberta but women across the country,” she said.

INDIGENOUS RIGHTS

Notley vows change for First Nations

Tim Querengesser
Metro | Edmonton



Chief Allan Adam of the Athabasca Chipewyan First Nation. THE CANADIAN PRESS

Just as Rachel Notley took the stage in Edmonton Tuesday night, Athabasca Chipewyan Chief Allan Adam stopped her.

“I had a chance to acknowledge her and gave her my congratulations,” Adam said Wednesday. “I basically mentioned, ‘Don’t forget to mention the First Nations in your speech.’”

Notley didn’t forget. She described her win as a call to “be better neighbours and better partners” with indigenous people, adding: “I’m looking forward to consulting with you and learning from you.”

Her words — and the culture of change they suggest for a province fuelled by natural resources — reverberated through First Nations in Alberta Wednesday.

The oilsands and the natural gas industry are Alberta’s central economic engines, built on industry gaining access to traditional indigenous lands and the resources they contain. Alberta has long worked to honour its often-competing obligations — to protect First Nation treaty rights while also allowing industry access to resources.

The results have been fraught with disputes.

Bill Gallagher, author of *Resource Rulers*, offers an in-depth look at how First Nations are increasingly successful in court in resource access battles, said Notley’s victory is a rebuke to Jim Prentice and the PC Party’s

approach to relations with First Nations, who increasingly control natural resources.

Gallagher said there was much hope Prentice could shift the relationship when he took office, but it evaporated quickly.

“He drew another lawsuit from the Athabasca Cree in his first 100 days (in office),” Gallagher said. “Talking the talk, he gets high marks. Walking the walk, he didn’t deliver.”

Notley, on the other hand, is “on message and a quick learner,” Gallagher said, adding that her tone bodes well for her fixing the relationship between Alberta and its nearly 40 First Nations.

Adam said the relationship with Alberta “was always on a rocky edge, an adversarial combat position.” As a result, he said, that relationship often went to court to resolve things.

But after Notley’s win, he said he’s hopeful for a change.

“We will be looking for ways to work with the province rather than take them to court. It’s a win-win situation.”

NEW MLAs AND THEIR QUIRKS



Several Alberta NDP MLAs who claimed seats in Tuesday’s vote are attracting attention for their lack of political experience and for their quirks. Left: in an image posted to Facebook, newly elected MLA Deborah Drever holds up a peace sign next to a T-shirt that features a marijuana leaf and the words “Magic Weed.” Right: Shaye Anderson shows off his impressive beard, which has caused a sensation on social media. FACEBOOK



COMPARISON

N.S. knows this left-hand turn



Stephanie Taylor
Metro | Halifax

Although acting NDP Leader Maureen MacDonald draws little comparison between the New Democrats’ earlier win of a majority government in Nova Scotia and the party’s recent victory out west, she believes both happened within a similar financial framework.

MacDonald said the Darrell Dexter government came to power in 2009 at a time when the province’s revenues were

dropping, just as Alberta’s oil prices are currently plummeting.

“We came into government right after the financial crisis and the big meltdown,” she said.

The challenge once faced by Nova Scotia’s former New Democratic leadership to fund public services such as education and health care with low revenues is now on Alberta’s premier-elect Rachel Notley and her new NDP government after winning a majority, MacDonald said.

In 2009, the NDP won its

first majority government in the province, subsequently only lasting one term after a decisive loss to the Liberals in 2013.

Falling revenues resulted in having to make some difficult decisions, MacDonald said, such as raising the HST.

Despite the fact Alberta is a considerably richer province than Nova Scotia, MacDonald said Wednesday, NDP are stepping into a familiar financial climate where service demands are high and incomes are scarce.

That insecurity creates a

mounting public pressure on a new incoming government to deliver results, she added.

“We live in a world that expects instant results and government doesn’t turn on a dime. It was a challenge for us and it will be a challenge for them.”

The main lesson to take away from Nova Scotia’s short NDP rule is to stay connected with the constituents, according to Halifax’s NDP MP.

“They were so busy governing that they forgot to communicate with people,” Megan Leslie said.

BUSINESS

Oilpatch, Bay Street ‘shocked’ by NDP win

The new reality of an orange-tinted Alberta was beginning to sink in across the oilpatch and Bay Street on Wednesday and, though there were some jitters, many are awaiting more details before they pass judgment.

The NDP’s election victory stunned Sonny Mottahed, president and CEO of Black Spruce Merchant Capital in Calgary.

“I’m pretty shocked,” he said. “There’s been quite a bit of chatter this morning about capital already looking at a way to invest outside of Alberta just across borders into B.C. and Saskatchewan.”

The NDP has said it would raise corporate taxes to 12 per cent from 10 per cent and examine whether Albertans are getting their fair share of royalties.

The last time Alberta increased royalties, under former premier Ed Stelmach in 2007, there was

12%

The NDP has said it would raise corporate taxes to 12 per cent from 10 per cent.

an uproar from the industry and the changes were rolled back. At the time, the global economic downturn was just taking hold and producers were concerned the royalty increase would only compound their woes.

Energy stocks were hurting on Wednesday. The group as a whole was off about 2.75 per cent. Major oilsands producer Cenovus Energy Inc. was down six per cent, while Suncor Energy Inc. and Canadian Natural Resources Ltd. were down about three per cent. THE CANADIAN PRESS

Manitoba Moose will fill a void

HOCKEY

Team will find very different welcome than 1st incarnation

VIEW FROM THE 300S

Andrew 'Hustler' Paterson



With the announcement and reintroduction of the Manitoba Moose this week by True North, Winnipeg will once again be home to an American Hockey League team. But the situation couldn't be more different than when the team first called Winnipeg home from 1996-2011.

I was one of the first employees of the Manitoba Moose. I remember walking into the Moose offices on May 15, 1996 to begin the arduous process of trying to establish a new team amid the ashes of the Winnipeg Jets.

There were some long, tough days at the office back then. Selling a lesser brand of hockey (at the time in the



Winnipeg Jets general manager Kevin Cheveldayoff stands with Manitoba Moose players J.C. Lipon and Scott Kosmachuk at Monday's Manitoba Moose name and jersey unveiling. DAVE BAXTER/METRO

International Hockey League) in a town that had just had its heart ripped out was not easy.

Looking back, it is truly amazing to see what has transpired in our city as it relates to professional hockey in less than 20 years.

I can't say I was surprised at all when the announce-

ment came on Monday that the AHL team coming to Winnipeg would be called the Moose. True North was the Moose. It goes without saying that the Winnipeg Jets would not be here without that team and the people of Manitoba that supported the Moose during those 15 years.

As Mark Chipman said to me on Monday regarding the Moose name, "It just made sense."

The Moose and the AHL now return to Winnipeg in a unique scenario — as the affiliate of the Winnipeg Jets, with both teams in the same city, sharing the same home

arena.

Kevin Cheveldayoff, Craig Heisinger and the Jets brass will now have the ability to watch their prospects at home and call up players from down the hall, as opposed to across the continent.

Jets fans will be able to watch the future of the fran-

Will the new setup put pressure on Jets players, seeing talented young prospects pushing for call ups?

chise live at MTS Centre for affordable ticket prices — lower than when the Moose last called MTS Centre home. For many people who either can't get Jets tickets or can't afford NHL ticket prices, the Moose certainly fills a void in the market.

What I'm most interested to see is how the increased attention on the AHL team will affect the hockey conversation in town. Will the new setup put pressure on Jets players, seeing talented young prospects pushing for call ups? We will find out next season.

Local hockey fans are already excited about the future prospects in the Jets system. Being able to watch them develop in the MTS Centre at AHL prices is a home run for the Manitoba hockey community.

Canada's favourite dishwasher. Now part of Canada's favourite kitchen.



Meet the kitchen designed from the dishwasher out. Featuring the same German engineering and legendary quiet performance, the Bosch kitchen brings elegant European design into the heart of your home. There's simply **Nothing like a Bosch.**

f www.bosch-home.ca

Midland Appliance
1797 Portage Ave., Winnipeg
473 St. Mary's Rd., Winnipeg

Coast Wholesale Appliances
1421 St. James St., Winnipeg

*Rebate amount will vary depending on the number of qualifying Bosch Appliance products purchased, up to a maximum of \$2000. Offer is not valid in conjunction with any other Bosch offers. Valid at participating authorized dealers only. See dealer for details. Rebate is applied at time of purchase. Prices shown include any applicable rebates. Not all models available at all Retailers. Offer valid April 2nd through May 29th, 2015. © 2015 BSH Home Appliances. © 2015 BSH Canada. All trademarks are property of their respective owners. 15BCAN014-04-120347-25



SNL alum and stand-up comedian Jim Breuer is in the midst of recording a heavy-metal album. COURTESY GREGORY PALLANTE

SNL alum wants to hit another stage

BACKSTAGE PASS

'Metalhead' Jim Breuer recording rock album



Jared Story
Metro | Winnipeg

He's known for such off-the-wall characters as Goat Boy on Saturday Night Live, but Jim Breuer's stand-up comedy deals in real life — and lately, his life has been all too real.

In August 2014, Breuer's father, Jim Breuer Sr., died at age 91. Then, in October, his older sister died of cancer. Breuer was especially close with his dad, even bringing him on the road. The 2010 documentary *More Than Me* follows Breuer on a cross-country comedy tour, his first in six years, while also acting as his dad's primary caregiver.

Still, Breuer is finding hu-

mour in heartache. The 47-year-old SNL alum and *Half Baked* star is set to release *Jim Breuer: Comic Frenzy*, a new hour-long stand-up special premiering on EPIX on May 29.

"I started talking about it," said Breuer of finding comedy in tragedy. "There are angles to find the humour in it. I'm still kind of finding it with my dad, because death is a tough issue for people to deal with. A lot of issues are tough to deal with, but if you do it in a manner where it gives you a little hope and a little feeling, that's the angle I always look for."

Filmed in February at The Paramount on Long Island, N.Y., where Breuer grew up, *Comic Frenzy* covers such topics as marriage, being a parent and caring for one's parents. Breuer, who has three teenage daughters, also speaks of his love for heavy metal in the special.

An "old metalhead," Breuer has shared the mike with the likes of Brian Johnson of AC/DC, Rob Halford of Judas Priest and former Skid Row vocalist

+ WINNIPEG SHOW

Jim Breuer performs at Rumor's Restaurant & Comedy Club from May 14 to 16. Tickets are \$40. For show times and to purchase tickets, go to rumorscomedyclub.com.

Sebastian Bach. In 2011, he hosted Metallica's 30th anniversary shows at The Fillmore in San Francisco.

While he's known to imitate Johnson and Metallica's James Hetfield, Breuer is actually recording his own original hard-rock album. He said the record, which is being produced by Volbeat and former Anthrax axeman Rob Caggiano, will come out in early 2016.

"My dream as a teenager and still now is that music becomes one entity of me, my stand-up is another entity and one day I get to co-headline myself. I think that would be the coolest thing in the world," Breuer said.



MTS CENTRE OUR KIND OF NIGHT Luke Bryan performs in front of a sold-out crowd at MTS Centre on Wednesday night. The country superstar sold out back-to-back shows and does it all again Thursday. DAVID LIPNOWSKI/FOR METRO

Texting and driving isn't a game.
In real life, it's illegal and you can't start over.

Think you can safely text and drive? Prove it at
yourlastwords.ca

Manitoba Public Insurance

NEWFOUNDLAND, NOVA SCOTIA AND MANITOBA

Suspicious packages sent to court buildings

Some court buildings in two Atlantic provinces dealt with suspicious packages on Wednesday, the latest in a series of similar incidents.

In Nova Scotia, RCMP said court buildings in Sydney, Yarmouth, Digby, Port Hawkesbury and Truro had suspicious packages delivered or intercepted before delivery, Wednesday.

RCMP Staff Sgt. Boyd Merrill says the packages in Newfoundland were reported in Grand Falls-Windsor, Gander, Stephenville, Clarenville and Grand Bank.

The RCMP say none of the packages have so far posed a risk to the public.

In Nova Scotia, the Mounties have assigned their major crimes unit to the case. "At this time we do not believe these packages put the public at any risk, however

we must remain vigilant and take all necessary precautions," Insp. Larry Wilson of the major crimes said in a statement.

Two more packages forced the evacuation of the provincial Supreme Court building in St. John's and the Danny Williams Building, a court complex in Corner Brook.

Three of the packages in Newfoundland have been confirmed by police as originating from the same international address and with similar contents to packages reviewed by the RCMP in Nova Scotia.

Packages were received April 8 at Manitoba provincial court buildings in Winnipeg, Brandon, Morden and Minnedosa, all of which tested negative for dangerous substances.

THE CANADIAN PRESS



QUEBEC PROVINCE LOOKS AT GETTING TOUGH ON SMOKING Robert Labelle smokes a cigarette as his friends Gilles Garand, left, and Michel Casey, centre, look on, Wednesday in Montreal. The Liberals tabled Bill 44 Tuesday, which would put an end to smoking on restaurant and bar patios. Some bar owners are worried that the new rules will result in clients opting to stay home at a time when business is already slumping. COLIN PERKEL/THE CANADIAN PRESS

SOUTHERN ONTARIO

Child porn bust prompts international operation

Dozens of suspects have been arrested in connection with a child pornography investigation that began in southern Ontario and spanned many countries.

Details of the investigation — known as Project Hydra — were revealed by York Regional Police on Wednesday.

Police said 41 suspects have been arrested and 110 charges have been laid in North America. The charges include possession, distribution and accessing of child pornography. Seventeen people were arrested in Canada.

The investigation began in

April last year after the Ottawa-based National Child Exploitation Co-ordination Centre told York Regional Police about images of child pornography that were uploaded from a residence in York Region. After executing a search warrant at the residence, investigators learned that a young person had allegedly uploaded the images.

Police contacted owners of the website used by the young person and identified suspects worldwide who were exchanging child porn through the use of cloud storage.

THE CANADIAN PRESS

Omar Khadr rejects terrorism, al-Qaida

ALBERTA

Former Guantanamo inmate opens up in interview

Former Guantanamo Bay inmate Omar Khadr still suffers nightmares of the firefight in which he was grievously wounded, and still isn't entirely sure what happened that fateful day, but says he wants no part of violent extremism.

The information — a rare insight into Khadr's views in his own words — is contained in

an extensive interview he did recently with a prison psychologist in support of his successful bid to be reclassified as a minimum security inmate.

"You shouldn't distort things to appease others or to suit your own agenda. I don't believe in al-Qaida killing innocents to further their belief," Khadr says.

American soldiers captured Khadr, then 15, in the bombed-out ruins of a compound in Afghanistan following a brutal four-hour battle in July 2002. He had gaping wounds in his back, shrapnel in his eyes.

Khadr says he's still not sure exactly what went down in the firefight that left U.S. special

forces soldier Sgt. Chris Speer dead and Sgt. Layne Morris blinded in one eye.

"I heard Americans. I heard shooting. I was scared. I had a hand grenade. I threw it over my back and it exploded. I wanted to scare them away. I wasn't thinking about the consequences. After that, I was shot," he says.

Following his capture, the Toronto-born Khadr was taken to Bagram and then shipped to Guantanamo Bay, where he remained for a decade. In 2010, he pleaded guilty to five war crimes before a discredited U.S. military commission, including murder for Speer's death and spying. Even so, he says, he clings

to the hope it wasn't him that killed Speer.

"I still take responsibility," he says. "If I did kill (Speer), that would be a very sad thing."

The documents, filed in the Alberta Court of Appeal, are part of Khadr's bid for bail while he appeals his war crimes conviction in the United States.

The court will rule Thursday whether to grant the federal government's request to stay an earlier ruling that he should be allowed out. A ruling in his favour could see him leave prison for the first time in almost 13 years under several restrictions that include wearing a tracking device. THE CANADIAN PRESS

FRIDAY MAY 8th

8:30AM - 6:00PM

urban
TACTICAL

891 Century Street
Route 90 North of Wellington
204.989.1001 • urbantactical.com



5.11 DAY
20% OFF STOREWIDE SALE

20% OFF

5.11

COFFEE & DONUTS
ENJOY FRESH ALL MORNING



FREE BBQ LUNCH
11AM - 4PM

SPIN THE WHEEL
PRIZES UP TO \$300 VALUE



FREE BALL CAP
FIRST 50 GUESTS

ENTER TO WIN
\$511 IN 5.11 GEAR

CLEARANCE SECTION
UP TO **75% OFF**
EVERYTHING MUST GO!



THE LATEST TACTICAL GEAR, APPAREL, FOOTWEAR & ACCESSORIES

Blay suspended over threat to shoot rival

U.K. INDEPENDENCE PARTY

Candidate recorded by an undercover reporter

Britain's political leaders visited factories, farms, supermarkets and schools Wednesday on the final day of campaigning before an election predicted to be excruciatingly close and frustratingly indecisive.

The election race drew to a bumpy close for the U.K. Independence Party (UKIP), which suspended a candidate for making remarks about shooting his Conservative opponent in the head.

Robert Blay, who was running in the southern English seat of North East Hampshire, was recorded by an undercover reporter saying he would "put a bullet between (the) eyes" of Conservative candidate Ranil Jayawardena if Jayawardena be-

came prime minister.

The Daily Mirror ran footage of Blay making the comments and saying Jayawardena, who has Sri Lankan heritage, was "not British enough to be in our Parliament."

"We've suspended him immediately, which is the right thing to do, and we do have a history of getting rid of people when they do something wrong very quickly indeed," said UKIP deputy chief Paul Nuttall.

Hampshire police said they were reviewing the comments as part of "initial inquiries" but added that no one had been arrested.

It is the latest in a string of embarrassing comments by members of UKIP, which has seen support grow for its anti-European Union stance and hopes to win a handful of seats on Thursday.

Small parties could play a major role in determining who governs Britain after an election that polls suggest is too close to call. Neither the Conservatives nor Labour look likely to win a



A member of the public walks past a betting shop window with a display for the general election in Govan, Scotland, on Wednesday. Britain goes to the polls Thursday.

SCOTT HEPPELL/THE ASSOCIATED PRESS

majority of House of Commons seats, and their poll ratings have barely shifted during the month-long campaign, with each supported by about a third of voters.

Both big parties, however, insisted they were aiming for outright victory.

Prime Minister David Cameron acknowledged he was "nervous" about the result but said he hadn't spent time planning for post-election talks with prospec-

ive coalition partners.

"I'm out there trying to convince people that the Conservative Party has the right answers to keep the economy growing, to keep creating those jobs, cutting those taxes, investing in our NHS (health service)," he said.

Labour Leader Ed Miliband told BBC radio: "I'm not countenancing defeat. I'm focusing on winning the election."

THE ASSOCIATED PRESS

HUMAN TRAFFICKING

Migrants rescued after 12 days at sea

Nearly 100 migrants who reported being at sea for 12 days arrived in Sicily on Wednesday as diplomats mulled a draft UN resolution authorizing an EU mission to seize the smugglers' boats that are fueling the Mediterranean migrant crisis.

The 98 migrants, a third of them women and three of them pregnant, were among hundreds of would-be refugees who arrived in Italian ports Wednesday after being rescued from overcrowded dinghies and

fishing boats in recent days. Most have set off from Libya, where human traffickers charging migrants around \$1,000 apiece are operating with near-impunity amid the country's political chaos.

A draft UN resolution would authorize an EU mission for one year to seize boats where there's credible evidence they're being used by smugglers, a council diplomat said Wednesday in New York.

THE ASSOCIATED PRESS

IN BRIEF

Germanwings co-pilot practised steep descent

The co-pilot of Germanwings Flight 9525 appears to have practised sending the jetliner into a deadly descent on another flight, just two hours before he intentionally crashed into the French Alps, investigators said Wednesday.

The revelation appears to support the theory that the Germanwings crash was not only deliberate but pre-

meditated. It came in a 30-page interim report from the French accident-investigation agency BEA.

Authorities are still puzzling over why Andreas Lubitz, who had suffered from suicidal tendencies and depression in the past, locked the captain out of the cockpit on March 24 and sent the Airbus A320 hurtling into a mountain, killing all 150 people on board.

THE ASSOCIATED PRESS

TODAY'S JACKPOT IS

\$50 MILLION^{EST.}



15^{EST.} x \$1 MILLION^{MAXMILLIONS™}

**BUY YOUR TICKET AT
PLAYNOW.COM**

**SIGN UP FOR A
\$10 FREEPLAY***

Enter Code:
METRO7

*Conditions apply.
Visit PlayNow.com
for details.



Oculus Rift launch date set

TECHNOLOGY

Facebook says virtual-reality headset to ship early next year

Virtual reality is getting closer to a commercial reality as Facebook-owned Oculus VR has announced a consumer version of their headset will become available in early 2016.

"We're incredibly excited to announce that the Rift will be shipping to consumers in Q1 2016!" tweeted Nate Mitchell, Oculus's vice-president of product.

Oculus VR launched the current wave of virtual reality, unveiling the prototype of the Rift in 2012 to rapturous reviews. The company launched a Kickstarter campaign that raised just over \$2.4 million. Facebook purchased the company for \$2 billion in March 2014.

Virtual-reality technology has had many highs and lows over the last 40 years but has failed to capture people's imagination for a number of reasons. Early attempts fea-



Attendees wear Oculus Rift HD virtual-reality displays as they play EVE: Valkyrie, a multiplayer virtual-reality shooter game, at the 2014 International CES. ROBYN BECK/AFP/GETTY IMAGES

tured cumbersome technology that lacked the ability to create truly immersive graphics experiences and carried high costs.

Improvements in screen technology, graphics and the current focus on the poten-

tially lucrative hardcore gamer market have drawn big-name companies to the technology in recent months. Despite the current hype, there are still some issues, including the potential to cause motion sickness in some users.

Oculus revealed a little more information in a blog post. The model will be based on the Crescent Bay model available as part of the developer's kit for the device.

"The Oculus Rift builds on the presence, immersion and

comfort of the Crescent Bay prototype with an improved tracking system that supports both seated and standing experiences, as well as a highly refined industrial design and updated ergonomics for a more natural fit," the company said in the post.

With many companies aiming to release commercial versions of their virtual-reality products by the end of this year, Oculus faced being left behind.

Oculus has been working on the creation of a full experience and even warned its competitors not to release bad headsets for fear of turning people off the nascent technology.

"We're a little worried about some of the bigger companies putting out product that isn't quite ready," said Brendan Iribe, Oculus VR's CEO, at Dublin's Web Summit conference in November. "That elephant in the room is disorientation and motion sickness.... We're encouraging other companies, particularly the big consumer companies, to not put out a product until they've solved that problem."

TORSTAR NEWS SERVICE

IN BRIEF

Canada Post gives online shoppers more options

Canada Post is launching a new feature that gives online shoppers greater control over their parcels.

The postal service said Wednesday that FlexDelivery will allow customers to decide which post office receives the delivery of their online order instead of it being mailed to their home. Canada Post said consumers will need to register for a unique identification code on their website. When the order arrives, the user will receive an email notification. THE CANADIAN PRESS

market minute

	DOLLAR
	83.06¢ (+0.22¢)
	TSX
	15,023.89 (-150.05)
	OIL
	\$60.93 US (+53¢)
	GOLD
	\$1,190.30 US (-\$2.90)

NATURAL GAS: \$2.776 US (-0.4¢)
DOW JONES: 17,841.98 (-86.22)

SILICON VALLEY

Few Asians get executive jobs: Study

Google, Yahoo and other major technology companies are far more inclined to hire Asians as computer programmers than to promote them to become managers or executives, according to a study released Wednesday.

Ascend, a group focused on Asian business issues, based its conclusions on 2013 data filed with U.S. employment regulators by five Silicon Valley companies: Google Inc., Yahoo Inc., Intel Corp., Hewlett-Packard Co. and LinkedIn Corp.

"If you step in the cafeteria of any of these five companies, you

+ WOMEN

Double whammy

The Ascend study found there was only one Asian female executive for every 287 Asian women at the five companies. But there was one white female executive for every 123 white women.

will see plenty of Asian talent around," said Denise Peck, a co-author of the Ascend study and

former vice-president at computer networking equipment maker Cisco Systems. "It's only when you walk into the executive suites at these companies that you might see a problem."

The report found that Asians held 27 per cent of the professional jobs yet only 14 per cent of executive posts. By comparison, whites held 62 per cent of the professional jobs at the studied companies, but filled 80 per cent of the executive jobs.

The technology industry's shortage of Asian executives stems in part from a cultural

divide, the report concedes.

Corporate America often embraces confident, outspoken individuals with unconventional ideas. In contrast, many Asians are taught to be deferential and cling to a belief that doing a good job will automatically be rewarded, said Peck, a Chinese-American.

"There are cultural norms and attitudes that help get Asians to a certain level of success but then work against them and hold them back from reaching a higher rank," Peck said.

THE ASSOCIATED PRESS

CROWDFUNDING

Backers bitter after coffee project fails

Backers of a failed effort on the crowdfunding website Kickstarter are considering their options after founders of a coffee maker missed a mid-April deadline to get the project back on track.

ZPM Espresso claimed its Nocturne coffee maker was the world's first smart espresso machine for the home because of a programmable control chip, more common in commercial machines, that would allow consumers to create the perfect shot

of concentrated java.

Yet the company's plans never materialized, and now supporters who spent as much as \$1,000 US on the machine — and assorted bonuses including T-shirts and coffee paraphernalia — are looking for answers.

In January, ZPM Espresso announced it was shutting down and that only a small amount of the initial money remained to return as refunds.

THE CANADIAN PRESS



Of all the beverage containers that weren't recycled, how many were yours?



ROSEMARY WESTWOOD

metroview

Deviants? Out-of-towners? No, Alberta has progressives, too

You can stop laughing now. Alberta politics have long been a joke to liberal, or even centrist, outsiders. You know, Alberta “politics,” wink, wink. But the NDP’s incredible win means the joke is over.

We’re now in the position of envying Alberta for more than its alcohol prices and legal drinking age. We’re envying it for its democracy.

In the words of pollster Angus Reid — who’s seen only Conservatives govern Alberta since he began polling in the 1970s — “change is indeed possible.”

“This has big implications, and I think it’s going to send a shiver down the spines of a lot of politicians that think they can ride in on cynicism” and low voter turnout, he said.

The election brought in 58.1 per cent of voters, Elections Alberta said. That’s much higher than voter turnout during the last two elections and a significant step above the average 50.9 per cent over the last six elections, according to media reports.

Albertan friends of mine say this election shows the nuances of Alberta politics, a phrase most out-of-province Canadians have never heard.

Callers to a morning radio show in Calgary spoke yesterday about how their vote mattered for the first time in 40 years, because their candidate got elected. Even some of those who voted Conservative spoke of their excitement

about the variety of views given a voice.

“I know a lot of people that aren’t rednecks, and maybe that wasn’t previously reflected,” said a friend of mine who hails from southern Alberta, heartland of the former Conservative dynasty.

A gay friend in Edmonton told me: “This is first time in my life where I haven’t voted out of fear for what could happen to me.”

In the last election, he voted for the PCs to stop the far-right Wildrose Party from winning. The PCs miscalculated the number of progressives like him that have kept them in power, he said.

David Shepherd, the new NDP MLA for Edmonton-Centre, grew up in the city, under that monotone provincial government. He told me he’s “always believed there was a strong progressive voice.”

They aren’t the voices of deviants or out-of-towners. They’re Albertans, too.

Now, the rest of us need to rethink that stereotype of Alberta as the nation’s small town, isolated by right-wing ideas and traditional Christian values.

She’s not just your Great Aunt Alberta, eating steak and drinking oil at every meal — though she’s still got a lot of conservatism left.

I’d like to take that lady out for tea — the whole ideological spectrum of her — and thank her for reminding us what elections can do.

NDP reveals big cracks in Tory armour

POLITICS

Chantal Hébert



This is a week when sizeable potholes have surfaced on Stephen Harper’s road to re-election.

The NDP’s majority victory in Alberta has reinforced the federal New Democrats’ claim that their party is ready for prime time nationally. At a minimum, the provincial election has exposed cracks in the walls of the country’s main Conservative fortress.

At the same time, Harper is suddenly at risk of losing the upper hand on the central battlefield of tax cuts to the Liberals.

The two developments are independent of each other, but what connects them is that they find the ruling Conservatives playing defense on two flanks that they believed to be bullet-proof.

The 40 per cent of Albertans who ushered the NDP into government this week did not vote for Thomas Mulcair by proxy. And a slim majority of the province’s voters stuck with the right, either by supporting the Wildrose party or Jim Prentice’s Tories.

The good news for Harper is that those voters can be expected to unite behind his federal Conservatives next fall.

The bad news is that they are not spread evenly across the province.

On Tuesday premier-elect Rachel Notley’s New Democrats won more than 20 ridings with a majority of the vote. Many of those seats were won with 60 per cent support or more. In another half a dozen ridings, the combined score of the NDP and the Liberals added up to more than 50 per cent.

Based on those results, a sizeable contingent of Alberta voters does not come across as predisposed to support the federal Conservatives next fall.

Alberta’s 87 provincial ridings work out to 34 federal ones. The provincial results suggest that Harper’s Conservatives could be campaigning against a tide for change in more than a quarter of them, mostly in the Edmonton area.

Conventional wisdom has it that vote-splitting between the NDP and the Liberals will still pave the way for the re-election of most of Alberta’s Conservative incumbents and that may well be right.

In the federal by-elections that have taken place in the province since Justin Trudeau became leader, the Liberals scored immensely better than Mulcair’s New Democrats. If Notley’s success translates into a bump in support for her federal cousins, the result could be

a more divided anti-Harper vote, not only in Alberta, but from coast to coast to coast.

Still, in the big picture, there comes a point when two strong opposition parties, instead of eating each other’s lunches, start taking sizeable bites out of different sections of the incumbent’s pie.

That’s what happened to the Parti Québécois last year.

So far, the Conservatives have focused their attacks on Trudeau. Polls have long suggested that the Liberals, not the NDP, are the main threat to a fourth Conservative victory next fall.

But, what if, in their efforts to weaken the Liberals, the Conservatives open themselves up for a kill at the hands of a conversely strengthened NDP?

As unlikely as the scenario of a Mulcair victory may seem, it is still less improbable than the advent of a majority NDP government in Alberta was thought to be only a few weeks ago.

It is a risk that Harper’s Conservatives will now need to reassess.

At the same time, Trudeau is now challenging the Conservatives on their tax-cutting turf.

Two days after he unveiled two platform planks — a tax cut for middle-income earners and an enhanced child benefit tar-

As unlikely as a Mulcair victory seems, it’s less improbable than an NDP majority in Alberta was thought to be only a few weeks ago.

geted to middle-class families — Conservative spin doctors are still uncharacteristically struggling to come up with an effective response.

To date, they have not managed to do better than try to bluster their way out of a trap that finds them standing up for the more affluent section of the electorate. It does not help that the trap is largely of the government’s own making.

Harper’s re-election for a fourth mandate has always hinged on a divided opposition and post-Alberta election that remains a potentially winning condition for his party.

But a week that has seen both the hands of the Liberals and the NDP reinforced at Conservative expense is not one that bodes especially well for the game plan of the Prime Minister.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT

John Cruickshank

VICE PRESIDENT & EDITOR

Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER

METRO WESTERN CANADA

Steve Shroud

MANAGING EDITOR WINNIPEG

Elisha Dacey

ADVERTISER INQUIRIES

adinfo@winipeg@metronews.ca

General phone 204-943-9300

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

MEN HAVE
BECOME THE TOOLS
OF THEIR TOOLS.





In bloom: Local for mom



Cleomes, or Spider Flowers, grow at Bathtub Gardens, a two-acre farm in B.C. that uses organic growing methods. COURTESY BATHTUB GARDENS

MOTHER'S DAY

Ethical flowers are beautiful in more ways than one

Worker's rights and environmental sustainability are not necessarily subjects one thinks about on Mother's Day — but our floral preferences can have an impact on both.

"I think we should consider where our flowers come from the same way we do with food," says Calida Grymaloski, who along with her partner runs Bathtub Gardens, a two-acre flower farm that uses organic growing methods in Pemberton, B.C.

"Conventionally grown blooms are often bred to be packed and shipped so the focus is on maxing out the vase life rather than the beauty of the flower itself," says Grymaloski.

Latin American countries like Colombia, Ecuador — source of the majority of cut flowers

in Canada — tend to have lax labour laws and health-and-safety codes, according to groups like the Ethical Trading Initiative and US Labor Education in the Americas Project.

As well, many cut flowers from developing countries are grown using toxic pesticides banned in Canada, and imported flowers are not tested for pesticide residues, according to the David Suzuki Foundation.

A medical survey by Oxfam Colombia showed that two-thirds of Colombia's flower workers had suffered from health problems related to pesticide exposure.

A Better Bouquet

But before you give up on bouquets altogether, consider getting mom a locally grown bouquet on Sunday.

Grown year-round in many parts of the country, Canadian cut flowers are typically grown without pesticides — even at farms that are not certified organic, according to Joseph Delarge of Eco Stems, an ethical and sustainable flower

shop in Toronto.

And with our labour codes, workers are protected here.

He also maintains that where flowers are grown sustainably, their quality is better.

"Our customers find that these flowers actually last longer because we harvest them only days before delivery. Conventionally grown flowers of the same type will have been harvested sometimes three weeks before they end up in your vase."

Lest you think local is too limiting, there's a wide variety of grown-in-Canada blooms you can get this time of year.

Delarge says he has irises, tulips, roses, orchids, calla lilies, ranunculus and anemones in his fridge right now.

Grymaloski says they grow 80 varieties on their farm, with a more unique selection than those found on a conventional farm.

If you're worried about breaking the bank, she says their prices can be comparable to conventionally grown flowers, although the selection might

be a little different.

"We typically avoid growing commodity crops like long-stemmed roses, baby's breath, carnations and even sunflowers which are grown as monocrops on large chunks of land with massive infrastructure," she says. "However we want our customers to receive fair prices and a quality product, so we focus on different species that are more suitable to small-scale production."

She says that if customers buy flowers directly through them via farmers markets, their Community Supported Agriculture program or their local farm stand, the prices would be comparable with a standard bouquet.

METRO LIFE

Ranunculus, tulips and calla lilies are all grown in Canada. ISTOCK



OTHER OPTIONS

Fairtrade

- If you can't stay away from those long-stem roses, you're probably looking at getting flowers grown outside of Canada.

- Look for Fairtrade or Veriflora-certified bouquets. These programs ensure the farms promote healthy workplaces and sustainable farming practices.

Native varieties

- Delarge and Grymaloski say cut flowers are almost never native, so if you are looking to get mom some indigenous flowers, potted plants are the way to go.

- Check with your local garden centre. Local park organizations and botanical gardens will also often have native plant sales in the spring.

Author to face upset town

NONFICTION BESTSELLER

Jon Krakauer to visit place at heart of book on college rape

Bestselling author Jon Krakauer is making one public appearance to promote his latest work, *Missoula: Rape and the Justice System in a College Town*. It's in the titular town, where he will face angry critics who say his decision to focus on the small Montana city is unfair.

Krakauer said Tuesday he wanted to give those critics the chance to confront him about the book.

"It took me by surprise that people were so upset by the title," Krakauer told The Associated Press. "It seemed like a perfect example of a problem that exists nationwide."

"I never meant to hold Missoula up as the worst case. It's not," he added.

The book, which ranks fourth on the New York Times hardcover nonfiction bestseller list, uses the city to illustrate



Author Jon Krakauer says he will face his critics from Missoula — a small city that's home to the University of Montana and the subject of his new book about sexual assault on campus.

THE ASSOCIATED PRESS FILE/INSET: GETTY IMAGES FILE

what Krakauer calls a nationwide problem faced by rape victims to persuade police and prosecutors to pursue their cases.

The book focuses on several University of Montana women who were assaulted between 2010 and 2012, the same period covered in a U.S. Department

"I never meant to hold Missoula up as the worst case. It's not

Jon Krakauer

of Justice investigation into whether Missoula and university officials mishandled rape reports. The federal inquiry led to reforms in how the university and city respond to sexual assaults.

Critics have denounced Krakauer, the author of the bestselling books *Into Thin*

Air and Into the Wild, for turning the spotlight on Missoula and accuse him of reopening wounds inflicted by the Justice Department investigation. Others criticize the book as a one-sided account that doesn't include the voices of the prosecutors he depicts as failing the rape victims.

Krakauer said he tried to get comment from Missoula County Attorney Kirsten Pabst, but he stopped when her attorney threatened him with a lawsuit. He said he would welcome Pabst and others from the county attorney's office to the forum, saying he has questions he would like to ask them.

Pabst did not return a call from The Associated Press seeking comment.

Krakauer said he did not know what kind of reception to expect in Missoula but that he hoped the forum would "clear the air."

"I get it. Missoula takes a lot of pride in the town — as

BOOK NOTES

Clearing the air

The forum, organized by Fact and Fiction Bookstore owner Barbara Theroux, will consist of University of Montana School of Journalism Dean Larry Abramson interviewing Krakauer and asking him questions submitted by the public in advance. "I think if people feel a little less uncomfortable about the fact that this book was dropped on the town, and at least he came to explain himself, that would be a worthwhile goal to me," Abramson said.

Missoulians should — and this book was seen as an attack on the integrity of the town, which it is not," Krakauer said.

His focus on the town came after he started following rape cases across the nation, the author said. He decided that the subject could be turned into a book after travelling to Montana to hear the impressive testimony of one of the victims he profiles, he said.

THE ASSOCIATED PRESS



THE MUCH TIME ON MY HANDS • CRISP NAIL ART

NOVEMBER 17
MTS CENTRE
ON SALE TOMORROW

ticketmaster.ca

75 RWB CANADA'S ROYAL WINNIPEG BALLET

2014/15 SEASON

You could WIN 4 tickets
& an RWB gift pack!
(Total prize value \$500+)

RWB
MAY 21 - 23

A GREAT INTRODUCTION TO THE WORLD OF BALLET!

RWB SCHOOL PROFESSIONAL DIVISION PRESENTS

La Bayadère:
Kingdom of the Shades +
The Misadventures of Pinocchio

MAY 21 - 23 / 2015, MTC MAINSTAGE

Visit clubmetro.com to enter

VISIT clubmetro.com TO ENTER

rwb.org

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Like mother, like daughter

FAMILY BUSINESS

Young actress Shailyn Pierre Dixon looks to her mom for inspiration

Vawn Himmelsbach
Metro | Life

Shailyn Pierre Dixon just tried out for her school's softball team and she's pretty sure she made the cut. But it's hard to tell if she's more excited about playing softball or finding out she's just been nominated for a Golden Maple Award as newcomer of the year in a TV series broadcast in the U.S.

At 11 years old, Shailyn already has some serious acting cred under her belt, starring as the young Aminata in *The Book of Negroes* and joining the cast of Netflix's first Canadian co-production *Between* — a post-apocalyptic *Lord of the Flies* —

that premieres May 21.

But her mom wants to make sure she still gets to be a kid. The Caledon, Ont.-based actress, writer and producer Christina Dixon understands "movie land," but she also knows what it's like to be a mom.

Between, for example, involved a rather scary cast member: a tiger.

"Shailyn and I are both adrenaline junkies," says Dixon. So when Shailyn read the script for *Between*, she was thrilled to find out she'd be working with a tiger.

"Part of me was as excited and as stoked about it, and the mother in me was like, 'Is this tiger going to eat my child?'"

But, she adds, Shailyn is fearless. "I wasn't going to put any of my fear on her if she didn't have any, so I bit my tongue."

Watching Shailyn on screen — especially with the roles she's chosen to play — can be challenging as a mother.

"Shailyn is an incredibly happy person (and) she's playing these roles where she's the absolute opposite of that — she's depressed and oppressed and she's being degraded," says Dixon. "It was

really hard to watch at times."

Shailyn didn't study acting. And she doesn't really know how she taps into these complex characters.

"I help with her auditions and coach her but she just jumped in," says Dixon.

"Her first movie was (Hollywood blockbuster) *The Best Man Holiday* — that's how Shailyn does things in life. ... The opportunities she's had are things people wait a lifetime for, but it's not something that's fallen into her lap. She's worked for it."

The challenge for Dixon is finding a way to help her daughter accomplish her dreams, while preserving her childhood — and balancing that with her own career.

When they found out Shailyn landed the part in *The Book of Negroes*, they had less than 48 hours before they had to be on a plane to Cape Town.

The first call Dixon made was to her mother, who asked what she could do to help.

"Having that kind of support system makes it possible," says Dixon. "You can't do it by your-

“

Obviously she's my mom, but she's also my best friend

Shailyn on her mom Christina Dixon

self."

Shailyn has already garnered a reputation for professionalism, which she attributes to her mom.

"Obviously she's my mom," she says, "but she's also my best friend and she inspires me all the time."

While Dixon plays multiple roles in Shailyn's life, she wants to avoid being a "momager," a word Shailyn doesn't quite understand. When Dixon tries to explain the word's negative connotations, Shailyn decides to come up with a new word, one that encompasses Dixon's role as a mom, manager and actress: momertress.

"We'll keep working on that," laughs Dixon.

"I love that you look at the bright side, baby."



For Christina Dixon and her daughter Shailyn, acting runs in the family. LIZ BEDDALL/METRO

Metro Custom Publishing Directory

Winnipeg **metro**

Dine-Out Winnipeg

Who likes to cook at home every single night? Very few! Make the most of Winnipeg's world famous culinary scene and treat yourself to one of our fine local establishments below. Bon Appétit!

SUSHI

Mon-Fri: 11 am - 10 pm • Sat & Holidays: 12 noon - 10pm

WAK SUSHI CAFE

WE ARE OPEN ON MOTHER'S DAY FROM 4:00 PM TO 9:00 PM

PARTY TRAY

S (6 Rolls): \$22.99
M (8 Rolls): \$29.99
L (12 Rolls): \$49.99
XL (17 Rolls): \$69.99

\$2.99 SPECIAL

BAKUDAN
CALIFORNIA
DYNAMITE
And Many More...

204-339-7777

#1-875 CORYDON AVE.

MEDITERRANEAN CUISINE

Taste of Mediterranean
BEST SHAWARMA IN TOWN! WE CATER

FREE DELIVERY
Order online at
skipthedishes.ca

**GET 15% DISCOUNT
ON YOUR MEAL**

Not valid with any other promotion or specials.
Not valid on delivery orders.
Expires September 30, 2015
COUPON ONLY CODE 3005

244 Kennedy Street: 204-942-2304
For Catering Call: 204-391-5010
www.tasteofmediterranean.ca

MISC

metro

**Your
Ad Here!**

**FOR JUST \$95
PER WEEK**

CALL 204.943.9300
FOR MORE INFORMATION

BODY IMAGE

Zooney won't be 'sexy new mom in bikini'

New Girl star Zooney Deschanel is eager to temper expectations for what she'll be doing after she gives birth to her first child, due later this year.

"Haven't we all seen those pictures of a sexy new mom in a bikini after one month? I will not be that person," she tells Cosmopolitan. "I've always gone my own



course and never been someone who had the need to be super skinny. I like a healthy look. I don't buy into that skinny-is-better mentality. I just eat healthy and work out and don't worry about my weight too much. Actresses aren't models, and most of them never wanted to be."

It's fascinating how she can simultaneously inspire and aggravate other women, no?

NED EHRBAR/METRO

BIRTHDAY GET-UP

Adele celebrates 27th as George Michael

It's Adele's party, and she'll dress up like Faith-era George Michael if she wants to.

The Skyfall singer posted a photo of herself gussied up as Michael for her 27th birthday, complete with aviator glasses and excessive stubble.

"Thank you for the birthday wishes. I had a wonderful time," she writes. "I was my hero."

To be fair, there are a lot worse music icons she could emulate heading into the ever-so-ominous — for musicians, at least — age of 27. As far as we know, Michael's 27th year was rather uneventful. But it is kind of



Adele as her "hero." TWITTER

surprising that he would be Adele's hero, no?

NED EHRBAR/METRO

KIND WORDS FOR BIEBER ... FOR LOHAN, NOT SO MUCH

Lady Gaga's life advice to Beebs

Justin Bieber has found a surprising ally in Lady Gaga. The two pop stars spent some time together at the Met Gala earlier this week and took a few selfies — one of which Gaga herself posted recently along with a lengthy caption coming to the troubled Can-



Selfie at Met Gala. INSTAGRAM/LADYGAGA

"He grew up in front of the whole world. I reminded him

adian wunder-kind's defence. "He really has a sweetness to him," she writes.

to not get bothered. Because at the end of the day, he's the boss, and life isn't always roses. Lots of thorns."

LiLo community service update

Today marks the day Lindsay Lohan has to check in with the court and show that she's making progress on those

pesky 125 hours of community service she was ordered to finish by May 28, and word is she's still got a long way to go.

"Lindsay has hardly made a dent in the court-ordered 125 hours of community service. It's an extremely unimpressive number so far — less than 20 hours total," a source tells Radar Online. NED EHRBAR/METRO

Dad Bods: Squishy is sexy

CONCEPT TAKES OFF

Beer bellies, not biceps, the newest male physique trend

What do Simon Cowell, Jason Segel and Leonardo DiCaprio all have in common (apart from global fame and fortune)? They all boast a "Dad Bod."

A what-bod, you cry? Well, allow us to explain: The Dad Bod is the latest trend for the male physique.

Where once women craved six-packs that could grate cheese and biceps the size of tree trunks, now a cuddly torso and gentle paunch is all that's required, according to a blog post written by U.S. student Mackenzie Pearson that has since gone viral.

In her post, Mackenzie describes the Dad Bod as "a nice balance between a beer gut and working out."

She continues: "The dad bod says, 'I go to the gym occasionally, but I also drink heavily on the weekends and enjoy eating eight slices of pizza at a time.'"

It's not an overweight guy, but it



Jason Segel stripped down and showed off his Dad Bod in 2008's Forgetting Sarah Marshall. Leonardo DiCaprio is also rocking the Dad Bod these days. HANDOUT; INSET: THE ASSOCIATED PRESS

isn't one with washboard abs, either."

Mackenzie argues that the physique is a hit with women because it is non-threatening, comfortable to cuddle up to and honest in the sense that it probably won't undergo any drastic transformation within the next 20 years (note: you

don't have to be a father to have a Dad Bod; in fact it is perfectly acceptable to have one when you're still in your 20s). "While we all love a sculpted guy, there is just something about the dad bod that makes boys seem more human, natural, and attractive," she states.

The concept was an immediate hit with nicely squishy men everywhere, who

took to Instagram without delay to show off their less-than-toned torsos and chunky arms. The account "CollegeDadBods" has been quietly gaining momentum since the beginning of this year and has now become a fully-fledged homage to regular guys in all their glory.

The positive reaction to this newfound appreciation for curvy men has reminded us all that guys, too, face an at-times unrealistic social pressure to be buff and trim.

But where will the trend take us next? Could the "Mom Bod" be the lusted-after shape for 2015? Time will tell. AFP

Get
18,500
SHOPPERS OPTIMUM
BONUS POINTS®
WHEN YOU SPEND \$75 OR
MORE ON ALMOST ANYTHING
IN THE STORE.*

SATURDAY, MAY 9
& SUNDAY, MAY 10

THAT'S A
\$**25**
SAVINGS
VALUE!



FREE
feels good

SHOPPERS
DRUG MART



*Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the days of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. © 911979 Alberta Ltd.



Cottage style, at home or away

DESIGN CENTRE

Karl Lohnes



Whether you head off to a cottage each weekend or are planning staycations instead, there's no reason why your favourite weekend refuge can't look good.



1



3

4



5



6



2

1 Tetsu Moku Pendant Lamp

Rustic meets elegance with weathered wood and classic lines. \$199, UrbanBarn.com

2 Cottage Life Weekend Collection Sticks Chair

Solid wood and handmade with pure nostalgic style. \$479, AmbersFurniture.com

3 Milk Bottles In Tray

Add a tall straw and your favourite libation for an all-day cocktail. \$13, Homesense.ca

4 Hudson Bay Company Multi-Striped Napkins

Infuse your dinner party with a touch of Canadiana flavour. \$25/set of four, TheBay.com

5 Antique Black Quincey Bed

Eighteenth-century lines mix with a dramatic colour twist. \$1,900, EthanAllen.com

6 Locust Kona Patchwork Quilt

Blue and white is always a classic summer colour combination. \$200, UrbanOutfitters.com

What they're asking

Single-family homes are in demand and prices reflect the limited inventory. **Duncan McAllister** FOR METRO



\$400,000

Edmonton

Sitting on a large corner lot in the desirable Grovenor community, this house includes a landscaped and fenced yard, and oversized, double detached garage. There's a family room, a fourth bedroom in the basement, and an enclosed sun-room. The backyard includes a natural gas barbecue. Listing agent is Sean Nykolyshyn with Liv Real Estate, 780-298-6956.



\$449,900

Winnipeg

In the Bridgewater Forest neighbourhood, this three-bedroom detached home features a large master bedroom with large windows, a four-piece ensuite bathroom and a large walk-in closet. The house is on a sizeable lot, ideal for a growing family. Listing agent Chris Kenny is a sales representative with Re/Max Professionals, 204-899-4858.



\$849,000

Calgary

In the midst of the Kensington shopping district, this historic, three-bedroom, detached house has an entry that leads into a spacious living room and dining room. The renovated kitchen features traditional cream cabinetry and stainless-steel appliances. Listing agent Susan Harrigan is a sales representative for Homelife Cityscape Real Estate, 403-669-9112.



\$982,000

Vancouver

This four-bedroom ranch-style home in Calverhall is 15 minutes from downtown. It was listed for \$1,050,000 and sold at press time for \$982,000. The house has a living area of 2,590 sq. ft. and sits on a 50-foot lot that includes a large, detached garage with workshop. The house also features views of the city. Listing agent is Cathy Graham with Royal LePage Sussex, 604-984-9711.



\$499,900

Ottawa

This two-bedroom, two-bathroom detached urban home is in the heart of Westboro. The house sits on a 69-foot x 66-foot lot. Updates include a new roof, new windows, a renovated kitchen and bathrooms, new flooring and waterproofed foundation. "A rare find indeed," says listing agent Kerry Millican, who is a sales representative with Royal LePage Team Realty, 613-290-2990.

metro

Mother's Day Gift Guide

Thursday, May 7, 2015



Whether it's directly or in her actions, your mother has probably told you what she would like or need this Mother's Day. SHUTTERSTOCK

The thought really counts

Astrid Van Den Broek
For Metro

When it comes to Mother's Day, the cliché, 'it's the thought that counts,' really does ring true.

"People need to remember that Mother's Day is not about the gifts," said Alexandria Durrell, the mommy blogger behind idontblog.ca. "It's about thanking moms for all they do for us. It's a tough slog being a mom. And when your kids are grown, it's touching for them to recognize just how hard it was once upon a time. A little thanks goes a long way."

So, if it's the thought that matters, how do we make mom feel truly special for her big day? Here are five ways to do it.

1 LISTEN TO MOM. Chances are she has dropped hints about what she wants, or at least what she would love to have. "She will tell you if you ask," said Yvonne Marcus, the blogger behind thedahliascene.com. "Whether it's directly or in her actions, she's telling you all year long what she'd like or need."

2 GIVE HER SELF-CARE. "Is mom tired?" Durrell said. "Does she need some time alone? Does she ever pamper

MAKING A FUSS OVER MOM

According to a recent survey from retailmenot.ca, Canadians make a bigger fuss over Mother's Day than Father's Day. The online survey of more than 1,500 people reports that 48 per cent of re-

spondents admit to spending more money on Mother's Day than Father's Day. And 64 per cent of respondents confess to getting more creative with giving gifts on Mother's Day than Father's Day.

herself? Answer those questions and you'll find the perfect gift for your perfect mom."

3 HONOUR YOUR CONNECTION. This year Marcus became a new mom and is asking for a nameplate necklace

for herself. "It commemorates the new relationship between me and my son, and it always keeps him with me," she said.

4 GIVE HER TIME. "A full day where I'm not responsible for anything would be

amazing," Durrell said. You could accessorize mom's free day with a spa gift certificate to use that day, another certificate for a dinner out and even a book she can begin to read.

5 GET CREATIVE. "Think outside of the box when it comes to presents," Marcus said. "If she enjoys animals, then maybe buy her a zoo membership instead of an item. It'll help create memories for her with her kids that they can cherish for years. Or even make her animal-shaped pancakes for breakfast or something equally simple but that will stir conversation."

EXPECTANT MOTHERS

Some gifts for the moms-to-be

Sunday is a special time to celebrate and honour the moms-to-be in your life.

As expectant moms tirelessly plan, nurture and care for their developing baby, make this Mother's Day truly bright and special with a thoughtful gift and some pampering.

PHOTOSHOOT

While at times it may feel as though pregnancy lasts forever, once a new mom holds her baby for the very first time, the months leading up to that special moment will actually seem fleeting. Treasure this special time by hiring a professional maternity photographer to capture mom in her full, baby-belly glory.

PRENATAL MASSAGE

A soothing, tailor-made massage offers the ultimate in relaxation, and provides major health benefits. "Not only does it reduce pain, muscle cramps, but it also increases blood flow which brings more oxygen and nutrition to all of the tissues in the body," says Kailee Kline, founder of Toronto-based Healthwinds Spa.

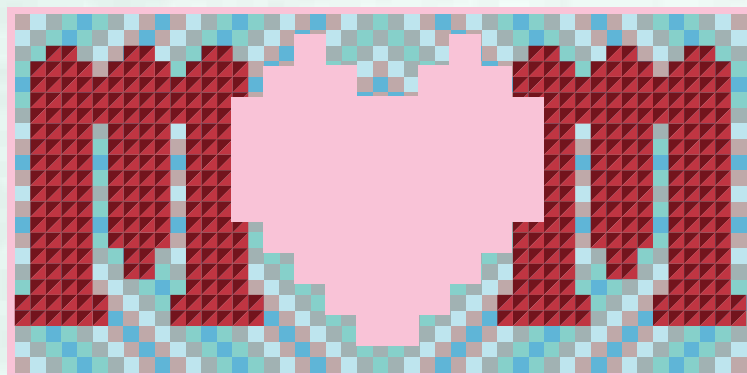
PUT HER FEET UP

Arrange a mani-pedi at her favourite nail spa, but because nail polish often contains harsh chemicals, choose a salon that takes a holistic or non-toxic approach. This little bit of personal time will leave her feeling pampered and polished, while nourishing dry, perhaps swollen, feet.

LIFE STORY

Create a photo album celebrating some of your most memorable moments together. There are plenty of options to choose from, including iPhoto, Shutterfly, Snapfish, or buy an album and print pictures at home. Make sure you include a heartfelt dedication.

TANYA ENBERG/FOR METRO



MAY 4-9

Tell us why you love your Mom by adding your note to a quilt in centre court.

Share the posts on social media and tag us for your chance to win a \$500 makeover.

MAY 9

Pre-Mother's Day Party

Music, Giveaways and lots of Love for Mom at Centre Court



Follow us on [f](https://www.facebook.com/GardenCityWpg) [i](https://www.instagram.com/GardenCityWpg) [t](https://www.tumblr.com/GardenCityWpg) [p](https://www.pinterest.com/GardenCityWpg) **@GardenCityWpg**
or visit shopgardencity.ca for more details



GREAT FOOD DAILY DRINK SPECIALS

Those craving sports action and fun will find all that and more at Average Joe's sports bar. We've outfitted the room with seven (yes, seven!) HD flat screen televisions, so you can catch your favourite team or sport on the 55" big screen.

Even for those who aren't big sports fans will find plenty to enjoy. From our extensive wine, beer and liquor menu to our pool table and VLT's, there's something for everyone.

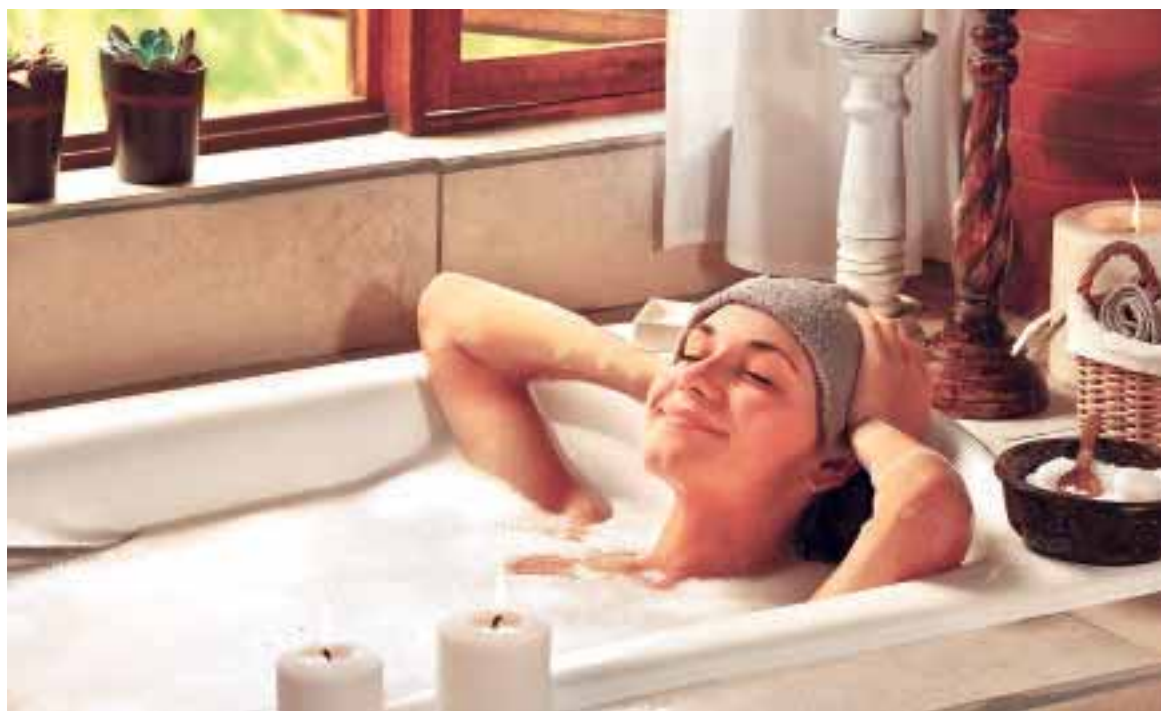
Jump on our shuttle to all home professional football games – ask one of our friendly staff for details.

Oh and don't forget Karaoke Fridays!



VISCOUNT GORT HOTEL
Banquet & Conference Centre

1670 Portage Avenue, Winnipeg, MB
(204) 775-0451 • viscount-gort.com



Help mom celebrate Mother's Day with gifts that will help her relax. SHUTTERSTOCK

Soothing solutions

Janine Falcon For Metro

Time and again we turn to mom for advice, for help and comfort.

This Mother's Day, why not give back in the same way? Celebrate your No. 1 lady by helping her take time and slow down.

NOVEL TEA

Tetley's delicious new Signature Collection teas, charming Shop for Hope mugs (net proceeds to the Canadian Women's Foundation) and a good book equals quality time for mom. Tea, from \$3.99, available at grocery stores; mugs, \$4.99 each, available at Winners; Lost & Found by Brooke Davis, 2015, Penguin Random House Canada, \$22.95 paperback, available at Indigo Books.

BETTER THAN FLOWERS

Treat mom to a bouquet she can carry all season — includes three flattering new shades of

Burt's Bees Lip Crayons. Net proceeds to Pollinator Partnership Canada to help bees. Limited-edition H Project x Elia x Burt's Bees Editor's Pouch, \$50, available at Holt Renfrew.

SOFT TOUCH

French favourite Nuxe Huile Prodigieuse is adored for its fragrant, conditioning cocktail of botanical oils, non-greasy texture, and the radiance it bestows on face, body and hair. Limited-edition black bottle, \$45, available at Hudson's Bay, Shoppers Drug Mart, Jean Coutu and Murale.

NIGHT MAGIC

Mom can enjoy at-home medspa efficiency with a gentle new leave-on peel she will apply at bedtime for a brighter, smoother complexion in the morning. Philosophy The Microdelivery Peel, \$89, available at Hudson's Bay, Sephora, and Shoppers Drug Mart.

TECH TIME

This high-tech, hand-held Korean home spa unit employs warmth, microvibration, microcurrents, and LED therapy to give mom's skin a more toned, instantly-lifted

effect. Racinne Lady S, \$199, available at racinne.ca.

GOOD CLEAN FUN

Mom will get a daily good morning grin out of this fruity body cleanser with a dash of silver lustre for sheen. Also available in a Love You Mom gift set. Lush Yummy Mummy Shower Gel, from \$9.95, available at Lush boutiques, lush.ca.

SPOTLIGHT

Treat mom to showpiece makeup she might not buy for herself. Chanel's new, limited edition, golden-bronze illuminator gives a range of complexions (including very fair) a natural-looking glow. Chanel Lumière d'Été, \$76, available at Chanel boutiques, Hudson's Bay, Holt Renfrew and Murale.

HELPING HANDS

A luxury hand cream plus an electric nail tool that buffs and polishes bare nail surfaces to a high gloss finish will give

mom beautifully groomed hands in moments, no manicure required. Nest Passiflora Luxurious Hand Cream, \$11, available at Sephora; Emjoi Micro Nail, \$59.99, available at Shoppers Drug Mart and micronail.ca.

DESIGNER BEAUTY

If mom is into makeup, fashion and colour, the vibrant hues in the new summer collaboration between Nars and designer Christopher Kane are ideal. Neon-Neutral — Christopher Kane for Nars collection, from \$29, available at Hudson's Bay, Holt Renfrew, Murale, and narscosmetics.com.

BOTTLED BOUQUET

Mom's perfume is one of those lovely lifelong scent memories that keeps her near when you are far away. Build her fragrance wardrobe with special, display worthy selections. Jo Malone Nectarine Blossom & Honey Cologne, \$135, available at Holt Renfrew and Nordstrom.



Indigo

Presents

THE PERFECT GIFT

(JUST IN TIME FOR MOTHER'S DAY)



"THE KOBO GLO HD...
AS PIXEL-PACKED AS
AMAZON'S STUNNING
KINDLE VOYAGE –
AT A \$70 DISCOUNT."

– WIRED MAGAZINE

koboglo^{HD}

The clearest, most book-like
6" HD eReader. **\$129.99**



Includes free concierge service
for tips on getting started,
eBook recommendations,
great deals and more.

Indigo

Chapters

Coles

indigo.ca

*Exclusive to Kobo Glo HD. Available 9AM-9PM local time, 7 days a week. Service supported in Canada, United States, Australia, New Zealand, France, Germany, Italy, Netherlands, Spain, United Kingdom, Portugal only. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.

Making life a little easier



Mike Yawney
For Metro

Flowers may be beautiful and brunch may be delicious, but if you want a gift that mom will use again and again you have to think outside the box. Technology is playing a bigger role in our lives than ever before. Here are some of the best high-tech gifts you

can give mom this Mother's Day.

KOBO GLO HD — \$129.99

Help mom relax and escape the daily grind by escaping with a great book. This latest eReader from Kobo is not only thin and light, it offers an incredible



high-definition display, with text so clear it's like reading a paperback. The anti-glare screen is ideal for reading in direct sunlight while the illuminated screen makes it perfect for reading in the dark. A single charge can last up to two months.



18-karat gold-plated ring features four vibration patterns along with a light-up indicator, letting her know when someone is trying to get a hold of her. Available in variety of gemstones.

PIGEON FRAME — \$119

Share precious memories with mom year-round with this unique digital photo frame. Designed in Canada, this 10-inch frame connects to the Internet, allowing family members to upload photos and videos right to the frame from anywhere in the world. A built-in motion sensor automatically turns off the display when no one is present to save power.

AERVANA — \$99.98 US

The world's first electric wine aerator. Not only will it improve the flavour profile of mom's favourite wine, it does so without the mess of traditional aerators. Aervana is designed to leave wine sediment on the bottom so it doesn't end up in your glass.



APPLE WATCH — \$449 AND UP

A fashion-forward timepiece with thousands of uses. Read incoming texts, email or receive phone calls without ever touching your iPhone. The built-in heart rate monitor will help mom reach her fitness goals while offering encouragement along the way. If that's not enough, there are thousands of apps that will let her do anything from controlling the lights in her home to managing her personal finances right on her wrist.



PARROT FLOWER POWER — \$79.95

This unique sensor monitors houseplants, sending real-time analytics to your iPhone. Parrot Flower Power knows if the room temperature is ideal and whether your plant is receiving enough light, moisture and fertilizer. If conditions aren't right, your mom will be sent a notification on her iPhone, iPad or iPod Touch.

RINGLY — \$195 US AND UP

A clever ring that ensures mom will never miss another text, email or phone call again. The

LiveRight
Massage & Facial Spa

*Mother's Day Is Coming Fast,
Get Her Something You Know
She Will Love!*

Mom is the Best Package: \$125 (2.5 hrs)
 60 Minute Anti-Aging Signature Facial
 60 Minute Signature Massage
 15 Minute Scalp Massage
 Paraffin Hand Treatment
 Free Dermalogica Gift
 Complimentary 15 Minute Steam Shower

Brand New Mom Package: \$250 (3.5 hrs)
 60 Minute Body Wrap or Scrub
 45 Minute Deep Exfoliating Facial
 60 Minute Signature Massage
 15 Minute Scalp Massage
 Paraffin Hand and Foot Treatment
 Free Dermalogica Gift
 Complimentary 15 Minute Steam Shower

INTRODUCTORY OFFERS

60 Minute Intro FACIAL \$60	90 Minute Intro HOT STONE THERAPY \$100	60 Minute Intro MASSAGE \$60
--	--	---

Facial Services – Massage – Body Treatments – Couples/Group Services – Waxing – Skin Care

1-1190 Taylor Ave. (behind Grant Park Mall)

Like us on for Special Offers.

204-284-LIVE (5483) | Mon – Sat: 9am–10pm Sun: 10am – 5pm

GIFT CARD

SPENDING A PERFECT DAY WITH MOM

We asked moms how they would like to spend Mother's Day and what gifts they definitely would not like to receive. Their answers may surprise you.

"I am hoping to spend the day outside in the garden with my family. The worst gift would be an extended family dinner where my kids were expected to stay sitting and I was in charge of keeping them there."



Laura Watt,
Toronto

"My dream Mother's Day would be a tea party in my garden with my daughters-in-law and the grandchildren. While any gift is appreciated, dead, stinky sea stars from the grandkids end up in the compost fairly quickly."



Sandy Brunham,
Southern Gulf Islands, B.C.

"The best gift would be a family photo shoot in a natural environment — priceless to me. The worst gift would be something for the kitchen. Definitely not a baking item — I don't bake."



Christine Giovio,
Toronto

"I would sleep in, go to yoga, meet friends for coffee, read, and then meet up with my husband and daughter, go to a park and out for dinner. I wouldn't want to receive anything meant to clean the house, except someone who would actually clean the house."



Sarah Anderson,
Moncton, N.B.

"I'm taking the girls to Niagara Falls for boat rides, water parks and butterfly gardens. I really don't want a plant — every year seems to involve some sad little plant from Loblaws."



Caitlin O'Donovan
Toronto

+ DIY GIFTS

According to experts in the do-it-yourself crafting industry, you will make the most impact with your gift this Mother's Day by offering mom something handmade.

"Showing your love and appreciation for mom doesn't have to be expensive," said Shelli Gardner, CEO and co-founder of crafting company Stampin' Up! "The gift with the greatest impact, the one that shows you truly want your mom to feel special, is the one you make yourself."

A special scrapbook

Warm her heart by making a timeline of all your treasured moments throughout the years.

A customized card

Forego the predictable pre-printed Mother's Day card in favour of a decorative handmade creation that can itself become a beautiful gift. Select colour card stock, themed stamps, then embellish with accents and ink spritzing to create just the desired colour and look.

News Canada



Happy Mother's Day!

 Greg Selinger MLA for St. Boniface Premier of Manitoba 204-237-9247 GregSelinger.ca	 Nancy Allan MLA for St. Vital 204-237-8771 NancyAllan.ca	 Sharon Blady MLA for Kirkfield Park 204-832-2318 SharonBlady.ca	 Melanie Wight MLA for Burrows 204-421-9414 MelanieWight.ca	 Deanne Crothers MLA for St. James 204-415-0883 DeanneCrothers.ca
 Ron Lemieux MLA for Dawson Trail 204-878-4644 Ron-Lemieux.ca	 Andrew Swan MLA for Minto 204-783-9860 AndrewSwan.ca	 Mohinder Saran MLA for The Maples 204-632-7933 MohinderSaran.ca	 Dave Chomiak MLA for Kildonan 204-334-5060 DaveChomiak.ca	 Rob Altemeyer MLA for Wolseley 204-775-8575 RobAltemeyer.ca



The Salvation Army provides hands-on help. CONTRIBUTED

Heartfelt thoughts

Ylva Van Buuren
For Metro

The gift of charity is a wonderful Mother's Day gift, says Shannon Craig, vice-president of marketing at CanadaHelps.

"When you give a gift to a charity that is meaningful to your mom, it sends the message that you're listening and you

know what she cares about."

You are also saying something about yourself — that charity matters, Craig said.

"Many moms will value the gift and the fact the child she has raised wants to give back."

CanadaHelps.org is a one-stop shop for donating to any registered Canadian charity.

For Mother's Day, "think about what matters to your

mom," Craig said. "A crisis such as the Nepal earthquake is critical (visit crisisreliefcentre.org). But every community has a cat rescue, food bank, or other charity that may be close to her heart."

A charity gift card from CanadaHelps lets mom choose the charity herself, Craig said.

Here are some other charity suggestions:



Charity gift cards from CanadaHelps. CONTRIBUTED



The Humane Society helps protect animals. CONTRIBUTED



Hope Air arranges free flights to get financially-disadvantaged Canadians to needed health care. CONTRIBUTED

adians to needed health care. Adopt a flight for \$125 for your mom, and she will receive a certificate showing the exact flight that was funded. Find gifts at hopeair.ca.

WORLD VISION
Helps children, families and communities overcome poverty and injustice. A healthy mom and baby package (\$100) ensures safe delivery of a pregnant mom's baby, or educate a girl (\$60). Find more Mother's Day gifts worldvision.ca.

HUMANE SOCIETY OF CANADA
Protects animals and the environment through hands-on rescue and other programs. Choose an animal or wildlife guardian package for your mom. Find more gift ideas at humanesociety.com.

THE CHILDREN'S WISH FOUNDATION
Grants wishes to children suffering from high-risk, life-threatening illnesses. For more, visit childrenswish.ca.

MÉDECINS SANS FRONTIÈRES (MSF)/ DOCTORS WITHOUT BORDERS

Provides emergency medical relief in areas. A one-time gift, monthly donation or a tribute gift in your mom's name will help MSF to provide emergency medical help to those who need it most in emergency and disaster zones around the world. Find gifts at msf.ca/en/donate-now.

WWF CANADA

Protects the environment to build a sustainable future. WWF has a special Mother's Day promotion — all family adoption kits are a special price of \$50. Find gifts for mom at shop.wwf.ca/collections/adoption.

ME TO WE

Founded by brothers Craig and Marc Kielburger, socially-responsible partner organizations encourage youth to help people and communities for a better world. Mom will be able to track the impact of the gift. For example, one necklace equals medicine for a child. Find these gifts and others at shop.metowe.com/gifts/mother-s-day.

PLAN CANADA

Works to end global poverty and improve the lives of children, and also created Because I Am A Girl, a global initiative to promote girls' rights. A gift of a newborn checkup would help another mother in the developing world (the \$30 gift is matched for a \$120 value and helps ensure that babies thrive and new moms recover well from child delivery). Find Gifts of Hope and others at plancanada.ca.

SALVATION ARMY

Provides hands-on help to children and families, homeless people, and people with addiction problems. A donation in your mother's name can help serve a meal to a hungry child (\$60) or help feed a vulnerable family (\$100). Find gifts at salvationarmy.ca.

HOPE AIR

Arranges free flights to get financially-disadvantaged Can-

all about
MOM and ME

and shopping...and the spa...and dinner out...and jewellery

Treat Mom (or yourself) to some Spring Fashions and enter to win a **\$1000 Mother's Day prize pack!**

Package for Mom includes:

\$350 Gift Certificate to Portage Place

\$200 for Dinner at Prairie 360

\$250 Spa Certificate

\$200 City Jewellers Gift Certificate

MEET HERE. SHOP HERE.

PORTAGE PLACE

Present your same-day receipt for \$60 or more on anything purchased at Portage Place or buy a \$60 Portage Place gift card to enter.

*Some restriction may apply. See customer service for details. No purchase necessary.

A holistic approach to landscaping

St. Mary's Nursery and Garden Centre

St. Mary's Nursery and Garden Centre in Winnipeg takes a holistic approach to landscaping, looking at everything from lifestyle factors, garden trends, home design and individual tastes to create beautiful green spaces that act as an extension of the client's home.

"We've created our building as a destination shopping experience for our customers so they're able to see sample gardens," says Carla Hrycyna, co-owner and president of St. Mary's (2901 St. Mary's Rd.), which celebrates its 30th anniversary this year. "They're able to see displays full of annuals, perennials, trees and shrubs, so when they walk into this area, they're seeing a whole collage of ideas that would suit their styles of gardens."

Hrycyna, whose love of flowers goes back to her days of visiting her grandparent's farm in Gainsborough, Sask., where there were "masses" of peonies, has her favourites for a spring garden. She is a big fan of hydrangeas, citing the variety of sizes and colours in that family, and the less trendy, but no less exciting forsythia northern gold, unique in that its flowers bloom before its leaves arrive.



CONTRIBUTED PHOTOS

But, Hrycyna says, you always have to cater to the client and their lifestyle needs.

Some are avid gardeners who want to get in there themselves and create a garden with masses of colour. "They'll say, 'You know what, I just need the logistics and I just need your knowledge of what works best in my yard for the exposures, for the drainage. It's rewarding for them to get in there."

"The other trend that's happening is people are getting so busy in their lives, they want something that looks very crisp and clean, but also very low maintenance."

Another important aspect to consider is the home space. For smaller spaces like condos, everything has to be scaled down, and dwarf varieties might be in order. An 80-year home with sloping roofs and wrought-iron

fences would suit a Victorian garden, while a more modern space would look more congruent with a linear green space, she says.

But whatever your lifestyle, home design, personal taste or gardening commitment level, "the part and parcel is, yes, we can draw you the plan, yes we will do the review of it, and yes, we can implement and install that plan for you."

Gift Shop

CELEBRATING **30** YEARS
1985 - 2015

Garden Centre

Landscaping

St. Mary's
NURSERY & GARDEN
CENTRE LTD.

We welcome you to our shopping experience. Feel at home venturing through our boutiques before wandering through 65,000 sq ft of display gardens of perennials, annuals, trees, shrubs and tropical houses.

St. Mary's brings you complete selections from home to garden.

Ken and I welcome you to St. Mary's Nursery & Garden Centre.

St. Mary's Nursery & Garden Centre Ltd.
2901 St. Mary's Road • (204) 255-7353
stmarysnurseryandgardencentre.ca

Flames' secondary scoring heating up against Ducks

NHL PLAYOFFS

Anaheim shutting out Calgary's top line thus far

Secondary scoring helped the Calgary Flames inch back into their playoff series against the Anaheim Ducks.

More of it is needed for the Flames to extend and win it.

Calgary's top line of Sean Monahan, Jiri Hudler and Johnny Gaudreau have yet to score even-strength in their Western Conference semifinal, due in large part to Anaheim's suffocating forward unit of Ryan Kesler, Matt Belesky and Jacob Silfverberg.

Gaudreau's electrifying power-play goal with 19 seconds to go in Game 3 was the buzz Wednesday as it doused fires on several fronts for the Flames.

The Calder Trophy candidate's wrist shot on a two-man advantage deadlocked the game and

+ TOP COACH

The New York Rangers' Alain Vigneault, Calgary's Bob Hartley and Nashville's Peter Laviolette were named the finalists for the Jack Adams Award as NHL's coach of the year.

Hartley led the Flames to a 20-point gain in the standings over 2013-14 — the highest jump among Western Conference teams.

opened the door for Mikael Backlund to score the 4-3 overtime winner. Calgary avoided falling behind three games to none in the series.

Gaudreau's goal also diffused fans' resentment over a disallowed Sam Bennett equalizer earlier in the third period, which would have been debated for days in Calgary had the Flames lost.

But overlooked were Joe Colborne and Backlund scoring their first goals, and fourth-liner Brandon Bollig collecting his second of this post-season.

"It's up to us to step up and take some of the pressure off our top line," Colborne said. "You can't win a Stanley Cup with just one line going."

The Flames trail two games to one in the best-of-seven conference semifinal. The Kesler



Flames forward Joe Colborne scored his first goal of the playoffs in Game 3 against the Ducks on Tuesday night in Calgary. LARRY MACDOUGAL/THE CANADIAN PRESS

line isn't likely to let up on Monahan's unit in Friday's Game 4, as the Ducks will be hungry to steal a win at the Scotiabank Saddledome and close it out Sunday at the Honda Centre.

Calgary's top trio mustered

a combined three shots on net in Game 3.

"Definitely need to try to out-work them a little bit more," Gaudreau said of the Ducks' line shadowing his.

"They're really skilled defen-

sively and do a great job in their own zone in blocking shots. We've got to make sure we're getting pucks to the point and trying to get in front of the net, try to screen and get some dirty goals there." THE CANADIAN PRESS

DEFLATEGATE

Inquiry says Brady 'aware' of meddling

An NFL investigation released Wednesday concluded New England Patriots employees likely deflated footballs used in the AFC Championship and that quarterback Tom Brady was "at least generally aware" of the rules violations.

The NFL began investigating what's now known as "Deflategate" after the Patriots defeated the Colts 45-7 on Jan. 18. The Colts complained that several balls were under-inflated and the NFL confirmed that 11 of the 12 footballs were under the limit.

The investigation started as the Patriots were preparing for the Super Bowl — which they won two weeks later. NFL commissioner Roger Goodell said Troy Vincent, the league's executive vice-president of football operations, would review the 243-page report on attorney Ted Wells' investigation and consider what steps to take next.

"We will continue our efforts to protect the integrity of the game and promote fair play," Goodell said. The NFL requires balls to be inflated between 12.5 and 13.5 pounds per square inch, and each team is responsible for the balls it uses on offence.

Football with less pressure can be easier to grip and catch.

But the NFL report concluded "it was more than probable than not" that Jim McNally, the officials' locker-room attendant, and John Jastremski, an equipment assistant for the Patriots, were involved in "a deliberate effort to release air" from the footballs before kickoff of the AFC title game — and after they were examined by the referee.

THE ASSOCIATED PRESS



Tom Brady GETTY IMAGES

18

The Flames got more shots away in Game 3 compared to the first two games, but not necessarily through as Anaheim blocked 18 to Calgary's nine.

MEDIA

CFL, Whistle look to lure new fans

Newly minted CFL commissioner Jeffrey Orridge says once younger Canadians are exposed to his league, they'll be hooked. And he's looking to a U.S.-based company that brands itself as the "millennial voice and destination for sports" to help lure the next generation of fans.

On Wednesday, the CFL announced a partnership with Whistle Sports, a multi-channel digital network with millions of subscribers on various plat-

forms including YouTube and Facebook.

According to the CFL, Whistle Sports has "extensive reach across all major platforms among millennials ... including 31 million likes on Facebook, 16 million subscribers, 11 million followers on Instagram, six million on Twitter and four million on Vine."

"Partnering with them gives us the access to their audiences," said Orridge.

THE CANADIAN PRESS

IN BRIEF

Bjorkstrand named WHL player of the year

Portland Winterhawks forward Oliver Bjorkstrand was awarded the Four Broncos Memorial Trophy as the Western Hockey League player of the year on Wednesday in addition to winning the Bob Clarke Trophy as the league's leading scorer in the regular season.

Bjorkstrand, a native of Herning Denmark, led the WHL with 63 goals, 118 points and a plus-60 rating over 58 regular-season games. THE CANADIAN PRESS

MLB

Kennedy plays the part of Giants killer



Ian Kennedy GETTY IMAGES

Ian Kennedy struck out five in seven innings to win his second straight start, and the San Diego Padres beat San Francisco 9-1 on Wednesday to avoid a sweep and stop the Giants' eight-game home streak.

Rookie Austin Hedges hit an RBI single in the decisive five-run third for his first major-league hit, then added a sacrifice fly in the eighth. He earned his first start at catcher, two days after being called up from Triple-A El Paso. THE ASSOCIATED PRESS

RECIPE Roasted seafood over linguini with lemon olive oil**EAT LIGHT AT HOME****Rose Reisman**
rosereisman.com

@rosereisman

**Ready in**Prep time: 10 minutes
Cook time: 12 minutes
Serving Size: 4**Ingredients**

- 12 oz raw shrimp, peeled and deveined (tail left on)
- 8 oz cleaned squid cut into rings
- 12 mussels, scrubbed
- 8 oz linguini
- 2 tsp vegetable oil
- 1 cup thinly sliced red onion
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini
- 3 Tbsp olive oil
- 3 Tbsp freshly squeezed lemon juice
- 2 tsp crushed fresh garlic
- 1 tsp hot chili sauce, or to taste
- 1/3 cup chopped cilantro or basil
- pinch salt and freshly ground black pepper

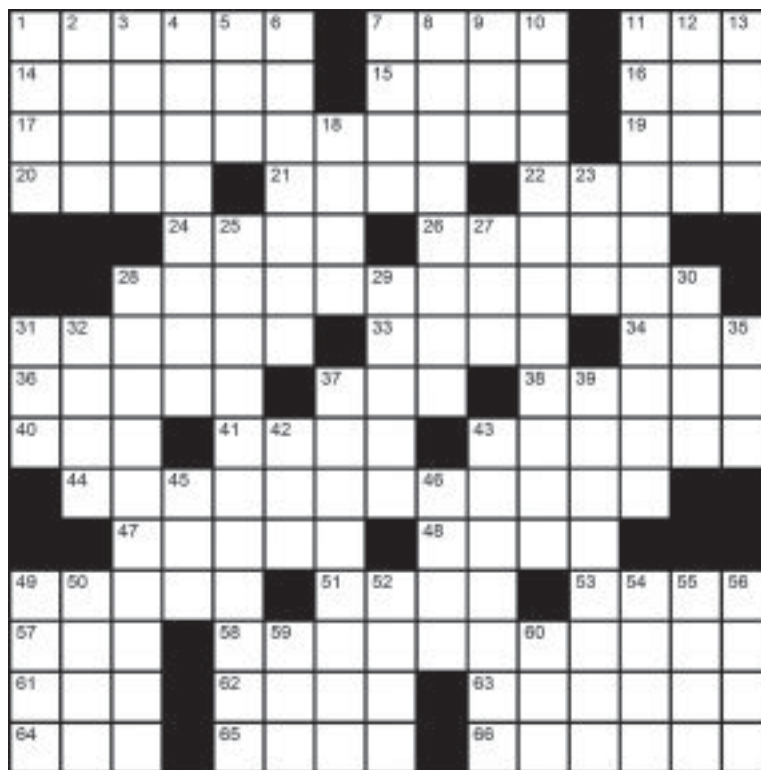
Directions

1. Preheat the oven to 425°F. Line a baking sheet with foil and spray with cooking oil.
2. Place the shrimp, squid and mussels on the prepared baking sheet. Roast for 8 minutes, or until the mussels open. Remove from the oven and keep covered.
3. While the seafood roasts, cook the linguini in boiling water until al dente, about 8 minutes. Drain, reserving 2 tbsp of the pasta water for the sauce. Set aside.
4. While the pasta cooks, spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium heat. Add the onion, bell pepper and zucchini; stir-fry for 4 minutes, just until the vegetables begin to soften. Add the seafood, pasta, reserved pasta water, olive oil, lemon juice, garlic, chili sauce, cilantro, salt and pepper. Toss well and serve.

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. Rain, e.g.
7. Richie's mom, Fonzie-style
11. Bathroom cleaning brand
14. Go for __ (Travel by car)
15. Prie-__ (Prayer bench)
16. Brouhaha
17. Extreme entertainment enjoyer: 2 wds.
19. Modern
20. __-les-Mouli-neaux, France
21. Wood: French
22. "Presto!" [pl.]
24. Pre-Virgo people
26. Axe: French
28. Anne of __ (Green Gables girl)
29. Anne is now a teacher in Summerside, PEI in this 1936 L.M. Montgomery book
31. Patriot Games novelist Tom
33. "At Last" singer Ms. James
34. Maude portrayer
36. Madonna's __ "Prayer"
37. Monogram of the author of Treasure Island
38. Sales pitch
40. "Client" completer
41. Libertine
43. Sacred songs
44. 1967: Canada's __ (Pierre Berton book)
47. " __ Harbor" (2001)



48. Invoice abbr.
49. Britannica, e.g.
51. "Here It Goes Again" band: 2 wds.
53. "Bonanza" son
57. Bygone bird
58. Design to transfer onto a t-shirt: 2 wds.

61. 'B' or 'C' of The Spice Girls
62. Jacob van __ the Elder (Flemish painter)
63. Actress Gail
64. __-inclusive
65. Bill 'The Science Guy', and surnamesakes

66. Flippantly talks back
- DOWN**
1. "I Luh Ya __" by Jennifer Lopez
 2. Nutrition amts.
 3. Blunders
 4. Daytime show on Canadian television

5. since 1984
5. Trellis plant
6. Computer-animated flick, "Mr. __ & Sherman" (2014)
7. Gladiator's 1502
8. Drumming punctuations
9. Beaufort __
10. Movie or TV show

- with a loyal niche audience: 2 wds.
11. Gloria __, CNN host
- Anderson Cooper's designer mom
12. Notion
13. Does lawn work
18. Meddlesome [var. sp.]
23. "Gotcha!"
25. Edwin __ (Toronto Blue Jays player)
27. Fitting
28. Hotel service; or, warning prompting change: 2 wds.
29. Ship co-owner in Moby-Dick, Captain __
30. Feel
31. Canadian actor Mr. Bennett
32. Lively tune
35. Mr. Pacino's
37. Be a dog in an off-leash park: 2 wds.
39. Florida's NHL team
42. 'To hear' in Spanish
43. Pennsylvania mountains
45. King: Spanish
46. American Samoa's capital, when repeated
49. Ms. Stone
50. Liam's rock-er brother
52. Chess pieces, e.g.
54. Wood sorrels
55. "Smooth Operator" singer
56. Mr. Stallone's, briefly
59. Banjo player Mr. Clark
60. Filmmaker org.

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20
You may enjoy upsetting the odds but don't get carried away. The planets warn if you make too many waves between now and the weekend it could be you who ends up underwater.

♉ Taurus April 21 - May 21
Do something different over the next 24 hours, something that those who believe you are traditional by nature would never guess you are capable of. It's time to get yourself noticed.

♊ Gemini May 22 - June 21
Whatever else you do today do not put money before love. If you want to impress someone who means a lot to you then do whatever it takes and don't worry how much it may cost. Whatever the price it will be worth it.

♋ Cancer June 22 - July 23
You have nothing to worry about, so stop being so fearful and get out there into the world. The planets indicate if you think lucky you will be lucky — so what have you got to lose?

♌ Leo July 24 - Aug. 23
Do you think with your head or do you feel with your heart? Over the next two or three days you should favor your heart over your head. Not everything in life needs to make sense.

♍ Virgo Aug. 24 - Sept. 23
The order of the day is to have as much fun as is humanly possible. You have been working far too hard of late. If you're not smiling then you are doing it wrong.

♎ Libra Sept. 24 - Oct. 23
Work and romance will go well together over the next two or three days — you don't have to choose between them. Use your Libran charms to influence people in positions of power.

♏ Scorpio Oct. 24 - Nov. 22
Do something that makes you feel good about yourself. Also, you may need to remove yourself from an environment that reminds you of things, or people, you would prefer to forget.

♐ Sagittarius Nov. 23 - Dec. 21
No matter what happens today, don't take it too seriously. Treat whatever occurs, be it "good" or be it "bad" as part of life's little game. It's your attitude that makes your world.

♑ Capricorn Dec. 22 - Jan. 20
This should be a thoroughly enjoyable day for you, though looking back a few days hence you may wonder how and why you acted so out of character.

♒ Aquarius Jan. 21 - Feb. 19
You won't hesitate to help someone in need today but the planets warn that the tale of woe you hear is only half of the story. Be that as it may you are not the sort to let them suffer.

♓ Pisces Feb. 20 - March 20
Someone new on your social scene will get your heart beating faster today. Could a new romance be forming? There is certainly a psychic link between you, a karmic connection that neither can ignore.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2014 Conceptis Puzzles. Dist. by King Features Syndicate, Inc.

Of all the beverage containers that weren't recycled, how many were yours?



*Celebrating
& Years*
in Winnipeg

**50%
OFF**

ALL PROGRAMS

after 8 yrs, It's YOUR
TURN...U weight loss clinic
wants to celebrate with U

U Weight Loss Clinics provide a
simple, science-based program that:

Revs up your metabolism

Burns fat

Teaches you how to combine delicious
foods to balance your hormones and
shed inches quickly

